

*A new initiative by Havering Educational Psychology Service 2023-24*

**Are you a parent/carer of a primary aged child with additional needs?**

(needs in any of these areas - communication & interaction; cognition & learning; social, emotional & behavioural; physical & sensory)

If so we would like to invite you to;

**TAP** into this group for



**T**alking **A**dditional needs and **P**sychology (**TAP**)

are parent support groups for children with additional needs in Havering

We will provide you with a space to explore new ideas and talk in a group of eight parents in similar situations, led by an Educational Psychologist. There is no charge for this group. You will have opportunity to share experiences, support each other and make friends.

Sessions will be held on a weekly basis for 5 weeks on the following dates:

**Wednesday 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup> November from 10-12am**

At: **MyPlace**, 343 Dagnam Park Drive, Romford, RM3 9EN.

Ideally you will be able to attend all 5 sessions

Session structure example

9.30-10 relax and get refreshments from Café

10-11 talk about an idea e.g. stress bucket and coping strategies

11-11.15 break

11.15-12 Problem solving about current issues



Places are limited so please contact [CAD5to19@havering.gov.uk](mailto:CAD5to19@havering.gov.uk) (preferred) or phone **01708 433936** ASAP (by Friday 13 October at the latest) to sign up, sending your name, contact details, school, your child's age and main needs