



Child Therapy Service

Resources - Training - Support



COFFEE MORNINGS



We now run **two coffee mornings** each month. One to support families of children with a **PDA Profile**, the second for families of children that are struggling with emotionally based **school avoidance**. Both are very relaxed and very supportive.



Our service and Tom Crellin from PDA Sussex are joining forces - with great events being planned for 2023 to support PDA families.

Tom is an **experienced trainer** and **consultant**. He has run a number of peer support groups for PDA and is a **senior trainer** for the **PDA Society**. Tom has been involved in volunteering all of his life and has volunteered in the healthcare sector and in home education. His **daughter** is a PDAer and he is **passionate** about improving the lives of PDAers.

♦ Run monthly, FREE

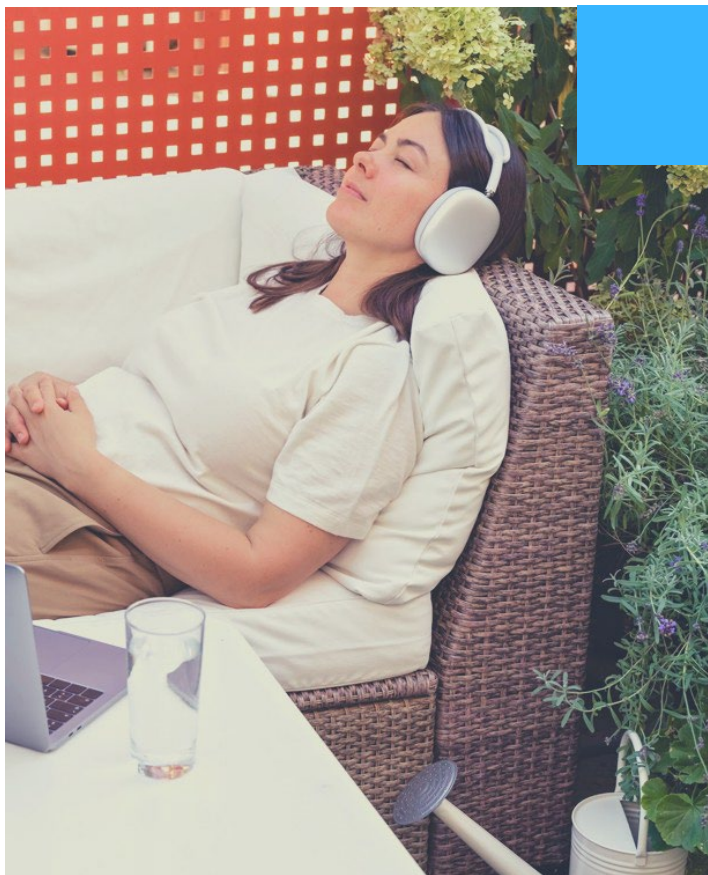




Child Therapy Service

Resources - Training - Support

RELAX



Our **compassion fatigue sessions** are a great opportunity to release emotional overwhelm and let go of anything that is weighing you down.

The sessions include bilateral work - to release emotions held in the body, alongside tapping sequences to calm the system.

It's a **whole-brain integrated approach** to removing past triggers and allow the system to heal. When it's free from the past - it can be present for the future.

♦ Run monthly - £5



I:I SESSIONS

Our private coaching sessions continue to offer **emotional regulation support** to dysregulated young people.

They are focused on **whole-brain integration** strategies that are taught to them - so that they have a toolkit of techniques to use when they need to.

We don't have to talk about it - we just release it, achieve inner balance, and back in control!

