



# The Family Coach Service's 5 week Friday's 10-11:30 am @ Hackney Service Centre E8 1DY Building a toolbox for parental wellbeing **STARTING FRIDAY 19TH OF SEPTEMBER**

All families with a child that has a need within **any of the 4 areas of SEND** are welcome  
We are a needs based service. **No EHCP or formal diagnosis** is needed.

## 4 Areas of SEND

Communication  
& Interaction



Cognition and  
learning



Social, Emotional  
& Mental Health



Sensory and  
Physical



**19TH OF  
SEPTEMBER**

What's already in  
your wellbeing  
toolbox?

**26TH OF  
SEPTEMBER**

Bringing  
awareness to your  
strengths

**3RD OF  
OCTOBER**

Catching  
unhelpful thoughts

**10TH OF  
OCTOBER**

Creating a space  
for you

**17TH OF  
OCTOBER**

Maintaining what's  
in your toolbox

*"Coming to the  
group helped  
me realise I'm  
not alone in this"*

There are **10 spaces available**. We ask that families are able to attend **all 5 sessions**.  
To sign up send an email to [familycoach@hackney.gov.uk](mailto:familycoach@hackney.gov.uk)