

**Supporting Parents of Children age 4 – 11 years**

Adopt East Midlands in partnership with Adoption UK

This Specialist Support Group has been commissioned by Adopt East Midlands to make sure you can connect with other adoptive parents and a leader to cover some of the issues that might be arising with you during this time of restrictions due to COVID19.

Your group leader, Annaleigh is a highly experienced professional and adoptive parent who will be facilitating these sessions and will host an interim drop-in chat session to give you chance to touch base.

The group will run for 8 weeks commencing Wednesday 14th October a 7.30pm

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| Date | Focus | Duration |
| 15 October  | Introductions to each otherManner of engagement through virtual means | 1 hour |
| 21 October | Challenging Behaviours -What is Pace and NVR? | 90 minutes |
| 28 October  | Interim drop in | 30-45 minutes |
| 4 November | Parental Presence, sensory needs and baskets | 90 minutes |
| 11 November  | Interim drop in | 30-40 minutes |
| 18 November | Understanding the impact of Shame, Lying and Trauma | 90 minutes  |
| 25 November  | Interim drop in | 30-40 minutes  |
| 2 December  | Self Care and connecting - farewell | 90 minutes |

Places are limited so please book your place via Eventbrite using this link: <https://www.eventbrite.co.uk/e/support-group-for-adoptive-families-with-4-11-year-olds-tickets-121536459823>

**Further joining instructions will be sent on Monday 12th October for your joining the Teams meeting**

*By booking on this group we are asking you to commit to all 8 weeks of the group to ensure you are connected to your peers and benefiting from the support being offered, please email* *annaleigh.rowlands@adoptionuk.org.uk* *if you have any queries regarding this group*