



Talking Additional Needs and Psychology (TAP) Parent and Carer Support Groups

Are you a parent/carer in Havering of a primary or secondary aged child with additional needs in any of these areas?

Communication and Interaction
Cognition and Learning
Social, Emotional and Behavioural
Physical and Sensory

If so, the **Havering Educational Psychology Service** would like to invite you to

TAP into this group for



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 the opportunity to share experiences, support each other and make friends.

We will run five groups across the year at different venues across Havering.
Each group will have 5 weekly term-time sessions on Wednesdays between 10am-12pm

An example session structure is as follows:

09:30-10:00 Relax and enjoy refreshments from the café
10:00-11:00 Talk about an idea e.g. stress bucket and coping strategies
11:00-11:15 Break
11:15-12:00 Problem solving about current issues

To sign up for one of the groups please email the following information to SENDEducation@haverling.gov.uk

Your name
Your telephone number
Your child's school
Your preferred venue(s)

The venue options are:

Collier Row Children's Centre
Elm Park Children's Centre
MyPlace in Harold Hill
Rainham Children's Centre

Please be aware that places are limited.

We will be in touch with dates as soon as a place is allocated for you.