



NEW!
2-hour evening
parenting workshop



Pre-adoption
Post-adoption
Permanency
Advice &
Counselling

My child is explosive... and this works!

Who should attend

Adoptive parents and other permanent carers

Trainer

Franca Brenninkmeyer studied in Belgium and the UK. She has 20 years of professional adoption experience and has worked at PAC since 1996. Franca was instrumental in developing the Child and Family Service at PAC. She regularly presents on adoption and attachment related topics.

Description of the training

This 2-hour evening workshop will give adoptive parents a chance to exchange experiences and expertise with regard to managing their child's explosive behaviour.

After a short introduction by the workshop facilitator, there will be time for parents to explore each others' tried and tested strategies relating to tantrums, meltdowns and aggressive outbursts. This type of dysregulated behaviour is often quite pronounced in adopted children due to their adverse early life experiences.

The emphasis will be on 'what works' - both with regard to regulating your child's explosions as well as your own emotional stress. Self care and team work (where there is spouse, partner or other co-parent) will also be considered. Some starting points for the discussions and a summing up at the end will be provided.

Date

Wednesday 28 November 2012
6.00pm for a 6.30pm start – ends at 8.30pm
Refreshments provided on arrival

Venue

PAC,
5 Torriano Mews, Torriano Avenue
London NW5 2RZ

Fees

£20 plus vat (£24 incl VAT)

Benefits of attending

- The size of the group will be limited to 16. This will allow participants to get to know each other and benefit from each others' expertise.
- Participants will also gain a sense of sharing a significant parenting challenge and hopefully increased confidence in being a therapeutic parent.

Enrol pac.org.uk/training **Contact** training@pac.org.uk **Web** www.pac.org.uk **Tel** 020 7284 5872

PAC, 5 Torriano Mews, Torriano Avenue, London NW5 2RZ



LOTTERY FUNDED