



NEW!
**2-hour evening
parenting workshop**



Pre-adoption
Post-adoption
Permanency
Advice &
Counselling

How to have a Christmas that is 'fest-ful' rather than stressful!

Who should attend

Adoptive parents and other permanent carers

Trainer

Roz Read (MA, UKCP, SEP) is part of the Child & Family team at PAC. She is a UKCP registered Integrative Child Psychotherapist and a Somatic Experiencing® Practitioner.

Description of the training

This practical workshop will explore ideas and ways that adoptive families can celebrate the festive season with excitement but not chaos!

Christmas is an exciting time of year: decorations, shopping, parties, carol singing, crackers, turkey and trimmings, church for some and nearly always family gatherings. But it can be a difficult and painful time too, particularly for adoptive families. For adopted children, it can be filled with traumatic memories of experiences in their birth families, yearnings for contact with birth family members, as well as a general sense of dysregulation due to all the excitement and lack of normal routines. Adoptive parents can be torn between wanting to celebrate this tradition in all its fullness and keeping this season as calm and relaxed as possible.

There will be a practical, experiential component to this workshop as well as the opportunity to share tried and tested ideas.

Date

Thursday 6 December 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

- Understand why adopted children respond the way they do at Christmas and what might be happening in their nervous systems and in yours
- Learn and share practical strategies as adoptive parents to manage Christmas
- Develop emotional regulatory techniques to help you manage when under pressure

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

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