



**WELLBEING IN MIND WORKSHOPS AT SEND CENTRAL FOR CHILDREN AND YOUNG PEOPLE WITH THEIR PARENTS OR CARERS WHO ARE ELECTIVELY HOME EDUCATED AT SEND CENTRAL- NO NEED TO BOOK JUST COME ALONG**

**24th November 2025 Sensory differences workshop 11am- 11.45pm**

This workshop will be run by the wellbeing in mind team and is for parents/carers to attend with their children/young people. It will be an informal opportunity to explore sensory differences and strategies to support sensory needs. The workshop will run for 45 minutes. Teas, coffee, soft drinks, and biscuits available.

**15th Dec 2025 Identifying and responding to big feelings 11am-11.45**

This workshop will be run by the Wellbeing in Mind Team and is for parents/carers to attend with their children/young people. This workshop will provide opportunity to explore and normalise big feelings and consider strategies to help regulate in the moment. Teas, coffee, soft drinks, and biscuits available.

All held at SEND CENTRAL, Children's Centre on the site of Clifton Green Primary School, Water Lane York YO30 6JA Tel: 01904 555076 Email: SENDCENTRAL@york.gov.uk

