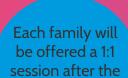
# Positive Behaviour Support for Families



6 weeks



#### Week 6 - Reactive Strategies

Change doesn't happen overnight. This session makes sure you have a clear plan if something goes wrong.



#### Week 1 - Introduction

Introducing the PBS model & the opportunity to meet the trainer and group



## Week 2 - Carer well-being

Managing your mind-set & well-being. This has a lot to do with progress moving forward



### Week 5 - Structure and Predictability

How to promote structure and support predictability to reduce anxiety and stress.



#### Week 4 - Rapport

This session looks at strategies for protecting and building relationships.



# Week 3 - Low arousal approaches

Creating less stressful environments for yourself and your family.

To book onto a course, go to Eventbrite and search Berkshire PBS Alternatively, email: tom@pbscooperative.org.uk