

School Avoidance/Refusal Workshops

*Specialised Coaching to
Support Parents whose Child is Struggling to Attend School*

Supporting parents is paramount to enhancing the best outcome for their child



Emotionally Based School Avoidance (EBSA) impacts the whole family.

Parents often feel alone, isolated, and overwhelmed.

This specialised workshop series supports parents who are experiencing EBSA, builds confidence, self-esteem and provides insight into finding the right solutions for their families.

Every Day is a Fresh Start...

Workshop content

- ✓ **Identify:** School Avoidance/Refusal Behaviour and how it impacts your family
- ✓ **Learn:** Practical Strategies and Techniques based on the principles of cognitive behavioural coaching (CBC).
- ✓ **Build on:** Personal strengths to improve self-esteem and confidence
- ✓ **Improve:** Communication with schools and agencies and within your own family
- ✓ **Access Local Supports:** With other parents and agencies
- ✓ **Prioritise Self-Care:** To support the health and wellbeing of your family
- ✓ **Find Solutions:** To meet the individual needs of your child

Testimonials

'It's very important to link up with other families that are going through the same thing because at the start of all this I felt like I'm the only one who can't get my child into school' (Fiona)

It was great to get out, meet people face to face, talk, have positive interactions, pick up some tips to change my mindset' (Angela)

'It gave me back my confidence, because before I was beating myself down' (Sandra)

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