

Time Out for Parents: Children with Additional Needs Course.

This course begins on **Thursday 9th October 2025, 10am- 12noon**, in person at Treasure Seekers, 52 Westgate Street, Gloucester, GL1 2NF.

There are 7 sessions on consecutive Thursdays (There will be no session on Thursday 30th October during the school break). The final session is on Thursday 27th November 2025.

The cost is £40 total

Parents can book a place on the course using the link below:

<https://kftseekers.org.uk/service/time-out-for-parents-children-with-additional-needs/>

This course is for parents of any child with an additional need for support, if:

- **You are struggling to understand or manage your child's behaviour, or**
- **Your child has developmental challenges, or**
- **Your child becomes overwhelmed by their emotions, or**
- **You're feeling isolated because of your child's needs, or**
- **Traditional parenting methods are just not working well for your family,**

Absolutely no official 'diagnosis' is necessary, you don't even have to know what might be causing your child to need extra help.

Through the course we encourage a willingness to explore ideas and find out what works for you and your family. We recognise that all children are individuals and no-one knows your child better than you.

The course offers practical, jargon-free advice and practical steps to engage and build relationships with your children with additional needs. The course is also a great opportunity to build relationships with other parents.

There are seven sessions, including:

1. Parenting Children with Additional Needs

2. Self-Esteem

3. Coping with Your Feelings

4. Understanding Behaviour

5. Managing Behaviour

6. Home and School Issues

7. The Wider Family

Time out for Parents: Children with Additional Needs is run by licensed facilitators for 'Care for the Family'.

