



Information Sheet

FLASH – Families Learning About Self-Harm

Who is this course for?

FLASH is a 10 week parenting course open to parents and carers where there is within the family a young person who is exhibiting self-harm behaviour and this behaviour is having an impact on the family as a whole

What is this course and what will my family gain by me attending?

FLASH is non-judgemental and offers information, practical skills and support. There is no cost to attend the course. The programme aims to support parents to

- Have a wider knowledge of self-harm and the opportunity to relate this to their family.
- Obtain a greater understanding about the developmental processes of their young person.
- Provide practical strategies for parents to use with their young person.
- Have a greater awareness of listening, praise and encouragement skills.
- Have realistic expectations of themselves as a parent/carer.

Where is this course held?

The course is held at Shenfield High School, The iBlock Conference Room, Alexander Lane, Shenfield, Brentwood, Essex, CM15 8RY.

Do you want to join? Here's what to do next:

Please visit

<https://www.eventbrite.co.uk/e/families-learning-about-self-harm-flash-tickets-19576754600>

To book a free place and we will get back to you with all the information you need.

How long is the STOP Course?

This course is 10 weeks long, and is held for 2 hours every week (excluding Bank Holidays and Half Terms).

When does this course start?

Dates: Wednesday 13th January 2016 onwards

Times: 7.00pm – 9.00pm

Do you have any further questions?

Please do not hesitate to contact us on 01277249226 or you can email us on s.allen@shenfield.essex.sch.uk

"Fantastic course. Fantastic facilitators. My life is no longer on hold. I have stopped walking on eggshells. It has been inspiring and inspirational".

