

Dear Parents & Carers,

Beacon House is a therapeutic services and trauma team specialising in supporting individuals and families to heal from the impact of early trauma and loss. We work with many inspiring adoptive families, special guardians and kinship carers (including those who also work in our team!).

The recent ASGSF announcements have been incredibly hard on the families we work with and this has made us ask ourselves *'what else can we do to support other adopters, kinship carers and special guardians and their families around the UK?'*

Our focus and passion has always been to create as many free resources and accessible training materials as possible, getting clear information to the people who need it. Therefore we'd like to offer you our training designed for parents and carers at a significantly reduced cost of £20, *(the £20 training fee is simply to cover our administration, video hosting and production costs)*. This offer includes these families living in Wales, Scotland and Northern Ireland who we know have never had access to the ASGSF fund to begin with.

Our hope is that one or more of these trainings will support you as parents and carers on the front line of healing trauma, to gain more knowledge and practical strategies whilst either waiting for sessions to start again, or perhaps to help fill in some of the gaps where the right support can't be accessed.

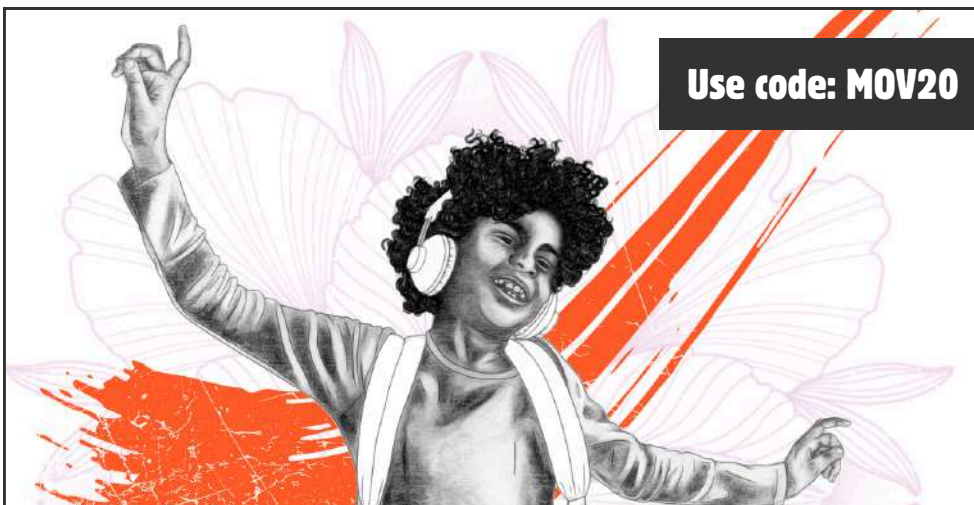
Best wishes

Dr Shoshanah Lyons, Clinical Director

LIFETIME ACCESS TO OUR TRAINING FOR £20 PER COURSE FOR ALL ADOPTERS, SPECIAL GUARDIANS AND KINSHIP CARERS ACROSS THE UK

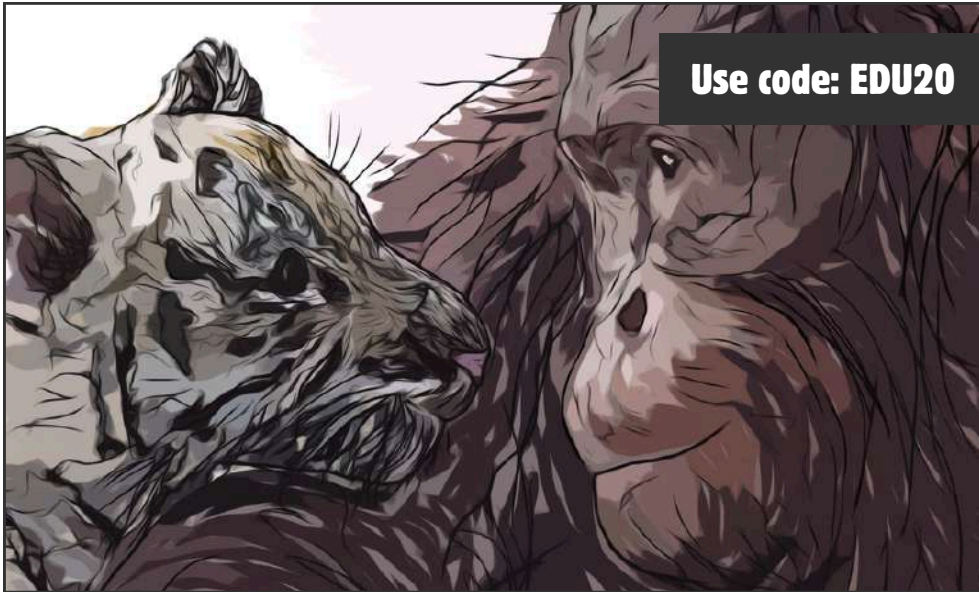
Please use the code from your chosen training when booking your place, booking as many trainings as you wish to. For full course information and to book your place visit: [**www.beaconhouse.org.uk/training**](http://www.beaconhouse.org.uk/training)

Email training@beaconhouse.org.uk if you have any questions or need support to book your places.



**HOW TO USE
MOVEMENT &
THE SENSES TO
SUPPORT YOUR
DYSREGULATED
CHILD (Usually £60)**

FOR: Parents & Carers looking to understand how early trauma and loss may have impacted the development of the senses, what they might see now and how to re-build and support the development of the senses and grow the child's capacity for behavioural and emotional regulation.



PSYCHO-EDUCATION TOOLKIT: HOW TO HELP CHILDREN UNDERSTAND AND REGULATE THEIR SURVIVAL RESPONSES (Usually £60)

FOR: Parents & Carers looking to support their child or children to understand what fight, flight, freeze and collapse survival modes look and feel like, why they happen and what regulatory ideas may help each mode to regulate when they are not needed. Includes animations and printable resources to use with your child.



SELF- HARMING IN CHILDREN & TEENS (Usually £65)

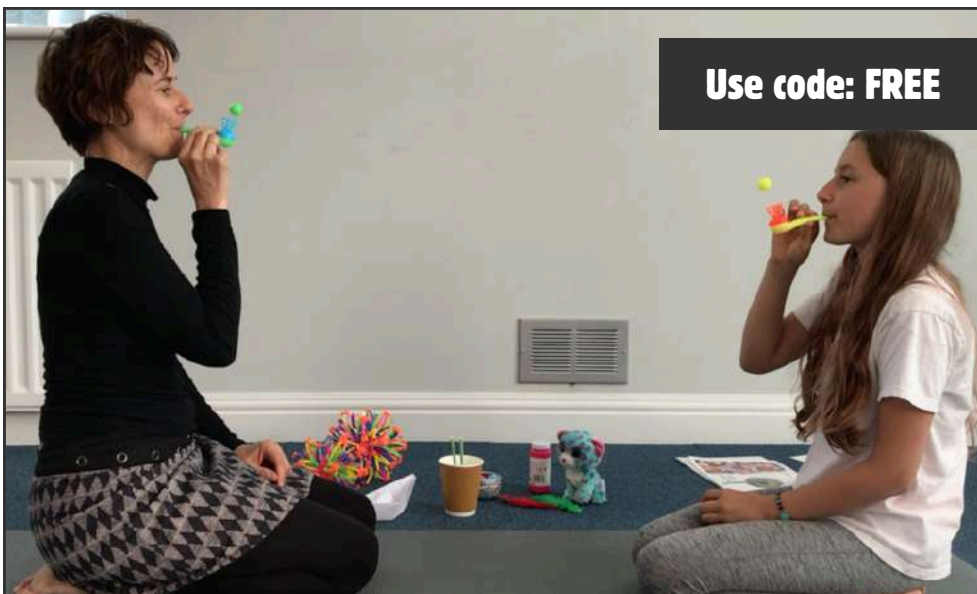
FOR: Parents & Carers looking to understand how and why young people self-harm, explore ways to talk about self-harm with their young person and learn a range of strategies and ideas that may help reduce it. Includes resources and information to share directly with young people who self-harm.



HOW TO PROMOTE YOUR CHILD'S SELF-ESTEEM

(Usually £50)

FOR: Parents & Carers looking to understand the impact of low self-esteem, understand the behaviours they might see, explore the importance of relationships and look at a range of realistic strategies to build their child's self-esteem.



FREE: MINDFUL BREATHING GAMES WITH MEL CAMPBELL

(Usually £30)

FOR: Parents, carers and their children to learn how to breathe mindfully, promote a state of calmness over the body and mind. Mel will take you through a variety of games that can be used inside and out, making it a valuable addition to those looking to teach children how to self regulate in different environments.



**WE ALSO HAVE A WIDE RANGE
OF FREE RESOURCES THAT CAN
BE DOWNLOADED, SHARED
AND USED TO SUPPORT YOUR
CHILD, VISIT OUR WEBSITE:**

www.beaconhouse.org.uk/resources