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FACE TO FACE TRAINING

Carers Centre SA Ltd are offering free training via our FACE TO FACE course which is specially geared towards Parent Carers of disabled children and those coming to terms with a diagnosis in their child.

This is a four day training course which will be held on the 3rd, 5th, 10th and 12th February 2026, during schools times - 9.30am - 2.15pm.

Breakfast pastries and a buffet lunch will also be provided on each of the training days.

Please note that all dates MUST be attended.

FACE TO FACE training focuses on:

- Coming to terms with your child's diagnosis
- Disability issues
- Stress Management
- Sharing experiences
- Raising self esteem
- Facing the future
- Personal development
- Assertiveness
- The grieving process
- Counselling skills



To book a space on this course or to find out more information please contact the office on 020 8593 4422 and ask to speak to either Azra or Hannah.