

Positive Behaviour Support for Families

Each family will be offered a 1:1 session after the 6 weeks



Week 1 - Introduction

Introducing the PBS model & the opportunity to meet the trainer and group



Week 6 - Reactive Strategies

Change doesn't happen overnight. This session makes sure you have a clear plan if something goes wrong.



Week 2 - Carer well-being

Managing your mind-set & well-being. This has a lot to do with progress moving forward



Week 5 - Structure and Predictability

How to promote structure and support predictability to reduce anxiety and stress.



Week 3 - Low arousal approaches

Creating less stressful environments for yourself and your family.



Week 4 - Rapport

This session looks at strategies for protecting and building relationships.



To book onto a course, go to Eventbrite and search Berkshire PBS
Alternatively, email: tom@pbscooperative.org.uk