

"The training is life-changing"

Why not change your life and become a volunteer befriender for Face 2 Face?

As a parent of a child with additional needs you have something unique to offer. As a Face 2 Face befriender, your empathy, reassurance and support can help other parents to make positive adjustments to their lives.

The training will be taking place at Westbank in Exminster on the following **Tuesdays**:

- 24th April,
- 1st, 8th, 15th, 22nd, 29th May,
- 12th and 19th June.

Each day will run from 9.30 am – 2.30 pm, to fit in with taking and collecting children from school. **Travel expenses and any childcare costs will be reimbursed.**

Everyone who has completed the training has said how valuable it has been in understanding the emotions they faced when discovering their child had additional needs and the impact it has had on their lives. The course also focuses on developing empathy, good communication and listening skills.

The feedback following training is always very positive. When asked to identify the three main gains from the course, the majority of participants stated that:

- They felt much more confident in their own skills and abilities and had experienced an increase in self-esteem.
- As a result of the training they now felt less isolated and that there were other people who understood what life was like as the parent of a disabled child.
- The training had developed their ability to listen to others in an empathic and non-judgemental way.

"Knowing I have the support of the other people in the group makes me feel positive about things too, not as 'alone' as I have sometimes felt."

Please contact me if you are interested in attending the training and joining our team of volunteer befrienders.

Best wishes,

Bel McDonald,

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Face 2 Face Co-ordinator, Exeter Mid and East Devon



A BRIGHTER TOMORROW
SUPPORTING THE FAMILIES OF
CHILDREN DIAGNOSED OR BELIEVED TO
HAVE SPECIAL NEEDS OR A LIFE
THREATENING CONDITION
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