

The course covers:

- ◆ Goal setting
- ◆ Understanding behaviour
- ◆ Promoting positive behaviour
- ◆ Promoting positive interaction through communication
- ◆ Promoting positive interaction through play
- ◆ Managing stress
- ◆ Managing unwanted behaviour
- ◆ Active problem solving

Contact us on 0161 912 3372 or 0161 912 3123 for more information

Trafford Healthy Young Minds (Children's Learning Disability Team)

1st Floor Sale, Waterside Sale

**RIDING
THE RAPIDS**®



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THE RAPIDS**®

Pennine Care 
NHS Foundation Trust



Manchester University
NHS Foundation Trust

The group...

Riding the Rapids is an evidence-based parent-training course. It is designed for parents and carers of children and young people with an Autism Spectrum diagnosis or other complex needs, including severe learning disabilities.

The course enables parents to understand their child's behaviour in the context of their additional needs, and apply strategies to support positive behaviours. It also helps parents to develop stress management strategies and confidence in managing their child's behaviour. The course is collaborative, so that parents develop tools they can take with them and continue to apply once the intervention is complete.

The course consists of 10 weekly sessions followed by a booster session 3 months later. Delivered in a group format, it provides parents with the opportunity to meet and think together with other parents in similar circumstances.

If you decide to attend the group, we ask that you make a commitment to attending the whole 10 week programme.

We know that this can be difficult, but an important part of the group is the sense of mutual support. Attending all sessions also means that you can get the most benefit out of the group.

To help you to get the most out of the group, the number of parents attending is kept small.

Before starting the course, we will meet with you individually to check that this is the right intervention for you and to answer any questions.

When: The group will run for 10 weeks, starting in September 2019.

Who:

The groups will be facilitated by:

- Joanne Parry (Principal Clinical Psychologist)
- Lesley-Anne Bendik (Clinical Psychologist)
- Susanna Tinsley (Behaviour Support Co-ordinator)
- Jade Lear (Family Support Worker)

