



Building  
stronger  
families

*“When a flower doesn't bloom, you fix the environment in which it grows, not the flower.”* Alexander Den Heijer

## Plan Bee – Understanding and supporting your child or young person with additional needs

‘Plan Bee’ is a FREE 3 week course (2hrs per week) written by two Clinical Psychologists working in Norfolk and is aimed at parents or carers of children or young people with additional needs including suspected or diagnosed Autism or ADHD.

During the three week course, we will explore:

- Behaviour as communication.
- Understanding the full range of needs your child may have.
- Developing a plan to support behaviour in difficult situations which can then be shared with grandparents, schools and others.
- Strategies for creating an environment in which your child or young person can thrive.
- Sharing experiences, challenges and successes with other parents experiencing similar issues and learning from these.



Available to book now: **NORWICH –September 2023 IS NOW FULL**

**KING'S LYNN** – Tuesdays 3<sup>rd</sup>, 10<sup>th</sup> and 17<sup>th</sup> **October 2023** 10am to 12 noon.  
St Faiths Community Hub (Nxt Church Rooms), Gaywood, King's Lynn, PE30 4DZ

**Gorleston or Gt Yarmouth in November** – Details tbc. Ring Gorleston Office 01493 650220

**BANHAM** – Tuesdays 5<sup>th</sup>, 12<sup>th</sup> and 19<sup>th</sup> **December 2023** 10am to 12pm  
Banham Primary School, 37 Crown Street, Banham, Norfolk, NR16 2EX

**SWAFFHAM** – Wednesdays 9<sup>th</sup> 17<sup>th</sup> 24<sup>th</sup> **January 2024** 10am to 12pm  
Swaffham Community Centre, The Campingland, Swaffham, PE37 7RB

**Gorleston or Gt Yarmouth in February** – Details tbc. Ring Gorleston Office 01493 650220

**WATTON** - Tuesdays 5<sup>th</sup>, 12<sup>th</sup> and 19<sup>th</sup> **March 2024** 10am – 12pm Watton Youth and Community Centre  
37 Harvey St, Watton, Thetford IP25 6EB

**To book call 01603 972589 or email [Swaffham@family-action.org.uk](mailto:Swaffham@family-action.org.uk)**

