



## UNDERSTANDING SENSORY PROCESSING

### FREE Online Workshops for parents and carers in North East Lincolnshire

A chance to understand sensory processing and how it impacts on how we feel, behave and learn. Explore strategies to support your family. Often people with additional needs have different sensory perceptions of the world and they may find it difficult to process the information they receive through their senses. Understanding your child's sensory profile (and your own) can help with developing approaches to reduce stress and promote wellbeing.

- **Tuesday 22 November 2022 - 12.30pm-2.30pm - online via Zoom**
- **Thursday 2 February 2023 - 10.00am-12.00pm - online via Zoom**
- **Thursday 27 April 2023 - 6.30pm- 8.30pm - online via Zoom**

To secure your place on any of these FREE workshops please book via  
[Eventbrite here](#)

**contact** *For families  
with disabled children*

Contact is a trading name of Contact a Family. Charity registered in England and Wales (284912) and Scotland (SC039169).