

If you have any questions about the content or suitability of the group for you, then please contact:

Dr. Lucie Risk (Clinical Psychologist)
or
Tracey Dunn (Learning Disability Nurse)

on 01324 610846

February – March 2019



CAMHS Learning Disability Team

To Book:

Contact Anne Prinn
Phone 01324 611510
E-mail centre@centralcarers.co.uk



Falkirk & Clackmannanshire Carers Centre

Bank Chambers,
1a Bank Street
FALKIRK
FK1 1NB

Website: www.centralcarers.org

The Child and Adolescent Mental Health Service (CAMHS),
Learning Disability Team working with
Falkirk & Clackmannanshire Carers Centre,
is offering information sessions for
parents, grandparents/carers of school aged children
who have been formally diagnosed by CAMHS as having an
Intellectual Disability or Global Developmental Delay by
Paediatrics.

Falkirk & Clackmannanshire Carers Centre

1a Bank Street

FALKIRK

FK1 1NB



Principal Funders



The CAMHS Learning Disability team is pleased to invite you to a carer's group which will focus on understanding and managing behaviour.

This is not a parenting group, but we do recognise the different challenges that parenting a young person with a learning disability presents, and this will form part of our content.

Parent evaluation of this group has been very positive.

To get the most from this course, it is recommended that you attend all 4 sessions.

The group will be run by

Dr Lucie Risk, Clinical Psychologist and
Tracey Dunn, Learning Disability Nurse

at
Falkirk & Clackmannanshire Carers Centre
1a Bank Street
Falkirk
FK1 1NB

Refreshments will be provided.

This 4 week group will run on
Wednesdays 12:30 pm to 2 pm
on the following dates:

1 - Wed. 20 February. – Understanding and Managing Behaviour:
An Introduction

This session will cover various of aspects of parenting a young person with a Learning Disability and set the scene for making sense of behaviours.

2 - Wed. 27 February – Getting to Grips with Distress
Understanding the underlying mechanisms of distress.

3 – Wed. 06 March – Making Sense of Behaviour ABC's
A practical session designed to improve your skills at identifying why behaviours occur and possible means of managing these.

4 – Wed. 13 March - Intervention (only if session 3 attended)
Thinking about intervention-what can and can't be changed.

You will not be expected to share information about your child but you may be happy to do so at some point in the discussions. Likewise, we would hope people feel comfortable enough to talk in the group but you are welcome to come along purely to listen to the information provided.

Please contact us on 01324 611510
as soon as possible to book a place

We look forward to hearing from you.