



Be Empowered.....

## BE EMPOWERED WORKSHOPS

- Early Support Programme for SEND Parent Carers

IS THIS FOR YOU?

Are you a parent of a child/ren with a different abilities (additional needs)? Are you struggling to know what to do next?



FEEL CONFIDENT BUILD RESILIENCE

Do you want to feel more confident about working with practitioners and making decisions about your child's journey?



FEELING LONELY, ISOLATED?

Do you want to meet with other parents and learn more about local and national services and what they can offer?



We warmly invite you to a series of workshops that have been written by and are led by trainers who are parent/carers of a child with additional needs themselves. They run over a period of 6 weeks, and there are a selection of face-to-face and online sessions.

These workshops are for parent/carers of children and young people of any age, with any additional need, with or without a diagnosis. They are an attempt to support parent/carers through times of change and at whatever stage of the journey participants may find themselves.

Wednesday's 5/11/25 - 17/12/25

10:00am - 1:00pm

Evolve Centre, 99 Glover St, B9 4EN.

Monday's 10/11/25 - 15/12/25

10:00am - 1:00pm

Online via Zoom

Thursday's 8/1/26 - 12/2/26

10:00am-1:00pm

Lime Tree Children's Centre,

Heathfield Rd, B19 1UJ

TO BOOK - Please complete the booking form and return to: [BeEmpowered@birmingham.gov.uk](mailto:BeEmpowered@birmingham.gov.uk)

For more information please contact: Christine Legore on 07770 762056 or via email at [christine.legore@birmingham.gov.uk](mailto:christine.legore@birmingham.gov.uk) or

Nathalie Messanvi on 07943 364833 or via email at [nathalie.messanvi@birmingham.gov.uk](mailto:nathalie.messanvi@birmingham.gov.uk)

Saturday's 10/1/26 - 13/2/26  
1:00pm - 4:00pm  
Online via Zoom  
Joining details will be sent.

Tuesday's 10/2/26, 24/2/26 - 24/3/26  
10:00am - 1:00pm  
Acocks Green Methodist Church,  
1 Botteville Road, B27 7YE.

Friday's 27/2/26 - 27/3/26, 17/4/26  
6:00pm-9:00pm  
Online via Zoom  
Joining details will be sent.

Tuesday's 14/4/26 - 19/5/26  
10:00am - 1:00pm  
Online via Zoom  
Joining details will be sent.

Thursday's 16/4/26 - 21/5/26  
In Community Languages  
10:00am - 2:00pm  
Lime Tree Children's Centre,  
Heathfield Road, B19 1UJ

Friday's 5/6/26 - 10/7/26  
10:00am - 1:00pm  
Online via Zoom  
Joining details will be sent.

Monday's 8/6/26 - 13/7/26  
10:00am - 1:00pm  
Hodge Hill Family Hub, Dyson Gardens  
Children's Centre, Highfield Road, B8 3QF.

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or alternatively you can submit online either by using the QR code to submit online.



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