

SPACE Twilight Sessions Schedule 2024/25

Date	Title	Delivered by
15th May 2024	<p align="center">Session 1 Understanding Change Theory in relation to SPACE</p>	Ness Little
12th June 2024	<p align="center">Session 2 (POSTPONED) Why good facilitation skills are key engaging parents/carers, children and young people</p>	Ness Little
17th July 2024	<p align="center">Session 3 Understanding the theory behind freeze, flight, fight and its links to stress <i>Aligns to Week 1 of the Programme</i></p>	Ness Little
18th September 2024	<p align="center">Session 4 Delving into ACES - understanding adversity and it's potential to impact on attachment <i>Aligns to Week 2 of the Programme</i></p>	Ness Little
16th October 2024	<p align="center">Session 5 Maslow and Protective Factors <i>Aligns to Week 2 of the Programme</i></p>	Ness Little
20th November 2024	<p align="center">Session 6 Rupture - Repair (and Reflect) Cycle - Supporting Parents/carers to understand how and why the cycle happens and how they can build stronger deeper connections with their children <i>Aligns to Week 3 of the Programme</i></p>	Ness Little
22nd January 2025	<p align="center">Session 7 Exploring Risk and Supportive Coping Strategies <i>Aligns to Week 3 of the Programme</i></p>	Ness Little
26th February 2025	<p align="center">Session 8 Understanding Child Development How this influences child behaviour and managing parental expectation <i>Aligns to Week 4 of the Programme</i></p>	Sarah Pike / Steph
26th March 2025	<p align="center">Session 9 DULUTH Model - Nurturing Children to help them thrive <i>Aligns to Week 4 of the Programme</i></p>	Ness Little
23rd April 2025	<p align="center">Session 10 Healthy Relationships Supporting Families to Talk About Feelings and Emotions <i>Aligns to Week 5 of the Programme</i></p>	Ness Little