



As a We Are Family member, you can catch up on all past **WAF Talks** webinars. Please log into the We Are Family [Member Hub](#) to select any of the past events.

9 November	23 November	7 October	21 October
Two Birth Mums' Perspectives	Strategies for Managing Challenging Behaviour - Non-Violent Resistance (NVR)	Social Media and Teens: How to look after your family	Adoptee Voices: 'What we wish you knew'
Unfortunately, this event was cancelled but we are hoping to reschedule early next year.	Do you need some strategies on hand for those big feelings that often show up for our children over Christmas? Join Megan Tanner from Think NVR as she discusses, and gives strategies for how NVR can make lasting changes to how your family manages challenging behaviour.	Helen Oakwater founder of FAB looks at how adoptive parents can prepare themselves for contact and future-proof their children whilst respecting the needs of the birth family.	Join Annalisa, Shania and the Adoptee Futures panel of expert adoptees as they draw vulnerably from their life experiences to discuss important topics adopted people face and much more.

9 September	23 September	8 July	20 July
Selecting a secondary school and helping them understand your child's needs	'Making contact work' with Two Good Mums	What about music therapy? with Crystal Luk	The Teenage Brain - with Adele Bates
Education Group facilitators Jane Pickerden and Dr Gabrielle Pelter suggest questions to ask schools and suggest information sources when choosing a school. They will offer advice on how to develop an effective home/school partnership.	'Two Good Mums' are first mum Laura, and adoptive mum Peggy. This event is an uplifting insight into how these two good mums did the best for their sons.	Music therapist Crystal works with children who have emotional behavioural challenges resulting from trauma and anxiety. This webinar will explore music therapy in more detail and help you discover if it is right for your child.	Adele is a behaviour and education specialist, keynote speaker and author. Adele specifically looks at the teenage brain and how trauma and attachment-disorders impact teenagers.

10 June	24 June	13 May	20 May
Angela; a birth mum's story of Contact	Mindfulness with Mellow Moments	FASD with Tracy and Andrew from FASD Awareness charity	Contact: choices for your family with Julie Young, UEA
A rare chance to hear about contact from a birth parent - what contact she had in place at the start of her journey of loss and what contact she has now.	Well-being is important for parents and children, so WAF Talks have teamed up with Mellow Moments founder Sheila Moses for a mindfulness webinar.	Are you parenting a child with Foetal Alcohol Spectrum Disorder? Could this be a future diagnosis for your child? Join the FASD Awareness charity	Julie talks about what the research tells us about direct contact, and the openness of communication with adoptees.

20 April	29 April	March
The OLLIE Foundation	Lauren Topper Clinical Psychologist	Support from each Adopt London Regional Adoption Agency (RAA)
The OLLIE Foundation charity share their knowledge and research around suicide that might resonate with some young people, and give parents ideas about intervention and support.	Lauren supports parents whose children struggle with emotional well-being or reaching developmental milestones, as well as children with anxiety, depression and relationship difficulties.	WAF invited each of the four Adopt London RAAs to speak to adopters in their areas throughout March. They cover: <ul style="list-style-type: none"> • Accessing adoption services • The services are available and suitability • Support on contact, therapy/ASF. • Help with school choices and transitions • Contacting each team

9 February	23 February	12 January	26 January
Difficult sibling relationships - children with a traumatic history	Attachment, with Graham Music	Zach Gomm explains the benefits of The GBB	Much needed self-care for whole family
Sarah Naish, adoptive therapeutic parent, author/ CEO of the Centre of Excellence in Child Trauma . Sarah Dillon is a therapist and a founder of the National Association of Therapeutic Parents . Sarah is a Looked After Child from several foster placements.	Graham Music is a consultant child and adolescent psychotherapist at the Tavistock and Portman Clinics in London, UK. Graham is also an adult psychotherapist in private practice who teaches, supervises and lectures internationally.	Zach is a Great Behavioural Breakdown (GBB) presenter and trainer using the basis on therapeutic parenting. He shares why it is crucial for our children's well-being.	Randhiraj Bilan talks about the Importance of maintaining self-care and resilience for the whole family's well-being.