



In partnership with



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.



### Thriving Adoptees with Simon Benn, adoptee

Simon Benn created 'Thriving Adoptees' and will talk to We Are Family members about his experiences as an adoptee.



### The Comprehensive Solution to Learning Disabilities Jill Stowell, founder of Stowell Learning Centres

Stowell Learning Centres supports people of all ages with Executive Function challenges. Jill is passionate about helping children and young people who experience difficulties with learning. Sign up to hear Jill share her views with the We Are Family members.



### How to care for yourself when there is no time to care Marine Bernier of 'Starting With Me',

Join Marine Bernier, a certified life coach and parent of a neuro-diverse child to explore the power of self care and to create your own self-care toolkit. The focus of the webinar will be particularly on parents and carers with children 'wired differently' (Neuro-diverse).



### Child to parent abuse Jane Griffiths of CAPA First Response

CAPA works with the whole family to address this behaviour. We know some children are impacted by life experiences and trauma. Jane looks at why children may behave this way, the impact on the whole family, and strategies to help rebuild healthy and trustful relationships

<b>November 2021</b>	Strategies for Managing Challenging Behaviour - Non-Violent Resistance (NVR)	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.
<b>October 2021</b>	Social Media and Teens: How to look after your family	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.
<b>October 2021</b>	Adoptee Voices: 'What we wish you knew'	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.
<b>September 2021</b>	Selecting a secondary school and helping them understand your child's needs.	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.
<b>September 2021</b>	'Making contact work' with Two Good Mums	'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.
<b>July 2021</b>	What about music therapy? with Crystal Luk	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.
<b>July 2021</b>	The Teenage Brain - with Adele Bates	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.
<b>June 2021</b>	Mindfulness with Mellow Moments	Well-being is important for parents and children, so WAFTalks have teamed up with Mellow Moments founder Sheila Moses for a mindfulness webinar.

<b>June 2021</b>	Angela; a birth mum's story of Contact	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.
<b>May 2021</b>	FASD with Tracy and Andrew from FASD Awareness charity	Are you parenting a child with Foetal Alcohol Spectrum Disorder? Could this be a future diagnosis for your child? Join the FASD Awareness charity
<b>May 2021</b>	Contact: choices for your family with Julie Young, UEA	Julie talks about what the research tells us about direct contact, and the openness of communication with adoptees.
<b>April 2021</b>	The OLLIE Foundation	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.
<b>April 2021</b>	Lauren Topper Clinical Psychologist	Lauren supports parents whose children struggle with emotional well-being or reaching developmental milestones, as well as children with anxiety, depression and relationship difficulties.
<b>March 2021</b>	Support from each Adopt London Regional Adoption Agency (RAA).	WAF invited each of the four Adopt London RAAs to speak to adopters in their areas. They cover: <ul style="list-style-type: none"> <li>· Accessing adoption services</li> <li>· The services are available and suitability</li> <li>· Support on contact, therapy/ASF.</li> <li>· Help with school choices and transitions</li> <li>· Contacting each team</li> </ul>
<b>February 2021</b>	Difficult sibling relationships - children with a traumatic history	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.
<b>February 2021</b>	Attachment, with Graham Music	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.