



PACT Social Group

PACT is a small group and the events we hold are a great way to meet other parents/carers and often prove to be a great source of information as experiences and ideas are shared. We also hold talks from specialist's, which are interesting and informative and provide useful strategies to work with our children.

Forthcoming Events 2015/16



Tuesday 12th January 2016

From 9.30 a.m. after school drop off,
The Humphrey Bean, High Street Tonbridge, TN9
1AP

COFFEE MORNING

It would be lovely to see new people there. PACT are a small, friendly group of parents and carer's and the coffee mornings can be useful in providing information and sharing ideas or just to have a chat. It would be lovely to see new people there.

RSVP: helen.mestre@btinternet.com (Social Secretary PACT), 07443 491667



Wednesday 20th January 2016

From 9.30 a.m. after school drop off,
Sarah's House (James's mum Unicorn class),
Tonbridge, Please RSVP for directions

PLAYDOUGH MAKING COFFEE MORNING

The Centre is always in need of playdough so come along and help make playdough for the next schools topic whilst chatting to parents and carer's from the centre. Please bring a microwaveable bowl and spoon.

RSVP: helen.mestre@btinternet.com (Social Secretary PACT), 07443 491667



Wednesday 27th January 2016

10.00 a.m. for 10.15 start,
Upper Lounge, St Peter and St Paul's Tonbridge
Parish Church, Church Lane, Tonbridge, TN9 1HD

**PARENTS PHYSICAL INTERVENTION
TRAINING - MAX LIDDINGTON - FROM
AGRESSION -MANAGEMENT.CO.**

Max Liddington from Aggression-
management.co.uk will be talking to us about
Parent Physical Intervention Strategies to help
parents and carer's and the law associated to this.
Max will also be bringing along Marcus Burns who
works for the National Autistic Society who will be
happy to answer any questions you may have.

RSVP: helen.mestre@btinternet.com (Social
Secretary PACT), 07443 491667, to confirm your



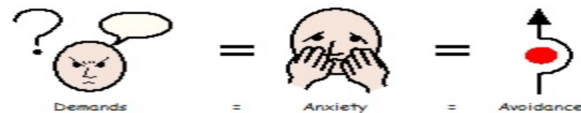
Wednesday 24th February 2016

9.30 a.m. to 11.30 am,
Upper Lounge, St Peter and St Paul's Tonbridge
Parish Church, Church Lane, Tonbridge, TN9 1HD

**INTRODUCTORY SLEEP WORKSHOP
- GAIL WAGSTAFF - FROM
CONTACT A FAMILY**

Gail Wagstaff from Contact a Family will be
holding a sleep workshop on understanding sleep
issues, tips for parents/carers, approaches to
helping you and your child get rest and sources of
help, advice and support.

RSVP: helen.mestre@btinternet.com (Social
Secretary PACT), 07443 491667, to confirm your
place



Wednesday 16th March 2016

10.00 a.m. for 10.15 start,
Upper Lounge, St Peter and St Paul's Tonbridge
Parish Church, Church Lane, Tonbridge, TN9 1HD

**UNDERSTANDING PATHOLOGICAL
DEMAND AVOIDANCE SYNDROME
AND MANAGEMENT STRATEGIES TO
HELP - TRACY WEINER**

Tracy Weiner will be talking to us about
Pathological demand Avoidance and strategies to
help our children. Tracy is a Parent from the
Phoenix Centre with a child with PDA and is also a
former Occupational Therapist.

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