

Positive Behaviour Support Helpline: Group sessions for family carers

Bild is continuing to provide a supportive helpline service for family members and carers of people with learning disabilities. As well as 1:1 telephone calls we are now providing small group sessions, via Zoom, co-facilitated by our PBS consultants and family members of people with learning disabilities who are training to become PBS Peer Educators.

The overall aim of PBS is to improve the quality of a person's life and that of the people around them. PBS is especially appropriate when someone is distressed or if their behaviour is concerning or challenging.

“...feels like a safety net, and I was definitely held in the safety net today”

Supporters, carers and family members might want to discuss how they are doing, to gain reassurance that they are doing the right thing. Or they might want to talk through some ideas and get some practical suggestions.

Everyone knows it helps to talk to someone who understands their situation, and family and friends will always be a person's first choice. However, sometimes it helps to talk to someone who is hearing it for the first time and has experience with similar situations.



Bild's qualified and experienced PBS consultants can provide targeted coaching and strategies and the family members co-facilitating these sessions will be able to bring their expertise and insight.

Zoom sessions

Monday 22nd February at 5pm. To book a place [click here >](#)

Tuesday 23rd February at 5pm. To book a place [click here >](#)

Thursday 25th February at 2pm. To book a place [click here >](#)

Friday 26th February at 1pm. To book a place [click here >](#)

Tuesday 2nd March at 2pm. To book a place [click here >](#)

Wednesday 3rd March at 5pm. To book a place [click here >](#)

Tuesday 9th March at 11am. To book a place [click here >](#)

Wednesday 10th March at 5pm. To book a place [click here >](#)

Thursday 11th March at 10am. To book a place [click here >](#)

Tuesday 16th March at 1pm. To book a place [click here >](#)

Friday 19th March at 2pm. To book a place [click here >](#)

Tuesday 23rd March at 5pm. To book a place [click here >](#)

Wednesday 24th March at 5pm. To book a place [click here >](#)