



East Sussex  
County Council



# Face 2 Face

**Parent carers needed to train as befrienders in East Sussex**



## **What is Amaze Face 2 Face Befriending?**

We provide emotional support for parents of children and young people with disabilities and additional needs. We deliver the service through a team of trained parent carers.

## **How do I become a befriender?**

Do you have the knowledge and experience to support other parents? We are running a rewarding and intensive training course, starting in October 2019. The training covers active listening, boundaries, safeguarding, resilience and the parent journey. As an Amaze Face2Face volunteer you will be given extensive support and guidance. Expenses are paid and training runs in school hours. Dates are: 10th, 17th, 24th October and 7th, 14th, 21st, 28th November. Venue TBC in Crowborough

For further information contact [amandam@amazesussex.org.uk](mailto:amandam@amazesussex.org.uk) or call 07983598711



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