



The Challenging Behaviour Foundation

making a difference to the lives of people with severe learning disabilities

NEW ONLINE SUPPORT FOR FAMILIES



The CBF is offering free online support for family carers from your own homes via video call during the Coronavirus pandemic.

Carer Catch-ups are informal chat groups with other families.

Chat with others who understand the ups and downs of caring for and about someone with a severe learning disability.

Celebrate successes, share tips, have a moan with others who 'get it'.

Join our email network to find out more: <https://bit.ly/cbfnetwork>



CBF Behaviour Chat to help with urgent/crisis behaviour at home.

Share your "right here, right now" concern about challenging behaviour with a small group including a trained family carer & a volunteer expert.



For more information and to apply to join email us at:

cbfbehaviourchat@theCBF.org.uk

Contact the **Family Support service**

9am-5pm Mon-Thu, 9am-3pm Fri

Email support@theCBF.org.uk

or telephone **0300 666 0126**



Our support is confidential and non-judgmental. Calls cost the local rate from landlines.

The **Family Carers' Email Network** puts you in touch with families around the UK, to share experiences, get information and peer support.



See our **information** on behaviour support and related topics.

The Challenging Behaviour Foundation aims to support families who have a child or adult with **severe learning disabilities** who display **behaviour that challenges**.

A severe learning disability means a person has very limited or no verbal communication, and requires a lot of support to complete everyday tasks.

Please note as a small charity with limited resources we are unable to offer support to those who are experiencing challenging behaviour associated with mild/moderate learning disabilities.