

*because*

# FAMILY MATTERS

*life*

Time out for parent courses



*Believing in you  
Believing in Better*

Call or text 07877 714693

**4X 2hr Sessions**

**Scan to book - in the drop down box, please make sure you select the course and date required**

## HANDLING ANGER IN THE FAMILY

**Promoting healthy tips with our children & family members and strategies to handle anger better.**

September 17, 24, & 1st, 8th October 6.30pm - 8.30pm  
November 5, 12, 19, 26th 9.30am - 11.30am

## ASD

**Understanding autism and the way it affects your child. Support and strategies to help the family relationships.**

June 4, 11, 18, 25th 6.30pm - 8.30pm  
September 17, 24, & 1st, 8th October 12.45pm - 2.45pm  
November 5, 12, 19, 26th 6.30pm - 8.30pm

## ADHD

**Understanding ADHD and how it affects your child. Support and strategies to help the family relationships.**

June 4, 11, 18, 25th 9.30am - 11.30am  
September 17, 24, & 1st, 8th October 6.30pm - 8.30pm  
November 5, 12, 19, 26th 12.45pm - 2.45pm

## THE TEENAGE YEARS

**The Teenage Years can sometimes be a challenge. This course explores the issues affecting teenagers & their parents.**

June 4, 11, 18, 25th & July 2nd 6.30pm - 8.30pm  
September 17, 24, & 1st, 8, 15th Oct 1st, 8th 9.30am - 11.30am  
November 5, 12, 19, 26th & Dec 3rd 6.30pm - 8.30pm