

FAMILY MATTERS

Time out for parent courses



*Believing in you
Believing in Better*

4X 2hr Sessions

Call 01282 435302 or 07877 714693

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.

January 20, 27, & 3rd, 10th February 6.30pm - 8.30pm
March 11th, 18th, 25th & April 1st 12.45pm - 2.45pm
May 1st, 8th, 15th & 22nd 6.30pm - 8.30pm
June 11th, 18th, 25th & 2nd July 6.30pm - 8.30pm

ASD

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

January 20, 27, & 3rd, 10th February 12.45pm - 2.45pm
May 1st, 8th, 15th & 22nd 12:45pm - 2.45pm

ADHD

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

January 20, 27, & 3rd, 10th February 6.30pm - 8.30pm
March 11th, 18th, 25th & April 1st 12.45pm - 2.45pm
May 1st, 8th, 15th & 22nd 6.30pm - 8.30pm
June 11th, 18th, 25th & 2nd July 12.45pm - 2.45pm

THE TEENAGE YEARS

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

March 4th, 11th, 18th, 25th & April 1st 6.30pm - 8.30pm
June 4th, 11th, 18th, 25th & 2nd July 6.30pm - 8.30pm