



Families in Focus CIC

A Complete Guide to Parenting Children with Additional Needs



This popular, award winning parenting course is facilitated by Francine & Lesley who are experienced and qualified trainers, one of whom has a son with Autism and challenging behaviour. Ten sessions of two hours sharing tried and tested techniques and strategies to parent children with a range of additional needs and/or disabilities effectively in the 21st Century.

Topics included:

- ✓ Exploring the challenges and stresses of parenting children with additional needs.
- ✓ Gain understanding and build resilient family relationships by sharing the emotional journey of parenting children with SEND.
- ✓ Strategies, solutions, tips and ideas on managing behaviours that challenge.
- ✓ Issues siblings may experience as a result of living with a sister/brother with additional needs/challenging behaviours.
- ✓ Tried and tested communication techniques to reduce angry outbursts
- ✓ Techniques to manage conflict and so much more....

When:

Tuesdays 7pm to 9pm

September 26th

October 3rd, 10th, 17th, 24th

November 7th, 14th, 21st, 28th

December 5th

Where:

**Oaklands College
Hatfield Rd,
St Albans
AL4 0JA**

**Discovery Centre,
Building 31.
Room No. DC013**

“We learned so much on this course from managing behaviour to coping with stress and even how to support our child in becoming more independent! Learning one of the facilitators has an older son with Autism made such a difference.”

To book your free place on our award winning parenting course contact Francine & Lesley:

Book direct: www.familiesinfocus.co.uk or

Email: info@familiesinfocus.co.uk or

Tel: [01442 219 720](tel:01442219720)



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A Community Interest Company