



Families in Focus CIC has free places for parents on  
**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 also parents a young person 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 21<sup>st</sup> 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....

*'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.'*

Where:

**Watling View School  
Watling Street  
St Albans  
AL1 2NU**

When:

**Tuesdays 7-9pm**

**September 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>**

**October 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> (not half term)**

**November 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>**



**Families In Focus CIC**

A Community Interest Company

**To book a free place on our parenting course  
contact Francine & Lesley:  
[info@familiesinfocus.co.uk](mailto:info@familiesinfocus.co.uk)  
Tel: 01442 219 720  
[www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)**