

FREE

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Parent Network

Parent Network support, guidance & learning drop in sessions for parents caring for children and young people with any additional needs, chronic health condition and/or disability

Lesley and Francine at Families in Focus will be running Parent Network support, guidance & learning *drop in* sessions for parents caring for children with any additional need/disability/chronic health condition including Autism, ADHD, Down's Syndrome, Cerebral Palsy, PDA, Diabetes, Crohn's and Colitis etc. in St Albans

No matter where you live, come and join other parents living in families similar to yours; share experiences and knowledge gained along the way in a supportive and non-judgemental environment. Each session will also have 'Families in Focus Guide to...' learning topics:

Where:

**St Michaels Parish
Centre,
St Michael Street
St Albans AL3 4SL**

(Park in Verulamium Museum free after 6.30)

When:

**Mondays
7pm to 9pm**

2017 Dates:

20th March - Support and Listening techniques to help our children with feelings

8th May – Herts Wellbeing Team & Understanding the teenage brain

5th June - Support and Independent Living Skills

26th June - Support and Understanding challenging behaviours

10th July – Support and Positive parenting to manage challenging behaviours

Website: www.familiesinfocus.co.uk Email: info@familiesinfocus.co.uk Tel: 01442 219 720

Families in Focus Parent Network also in

Watford, Hemel Hempstead, Stevenage, Toddington & Biggleswade