



Families in Focus CIC

A Complete Guide to Parenting Children with SEND

including Autism, ADHD & associated conditions



Families in Focus 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.

Topics included:

- ✓ Gain greater understanding and answer the question, 'Why do they do that?'
- ✓ Learn a range of strategies & solutions, to better manage behaviours that challenge.
- ✓ Gain more understanding of anger triggers and strategies to manage angry meltdowns.
- ✓ Learn how to support siblings living with a sister/brother with additional needs/challenging behaviours.
- ✓ Learn communication techniques to reduce 'emotional traffic jams' and improve emotional wellbeing
- ✓ Techniques to manage stress, conflict and so much more....

"I would highly recommend all parents of children with Autism go on this course – you'll be amazed how much you learn."

Parent of a child with Autism

Where:

**Warners End
Community Centre
Northridge Way,
Hemel Hempstead
HP1 3QG**

When:

Tuesdays

6.45pm to 8.45pm

January 29th

February 5th, 12th, 19th, 26th

March 5th, 12th, 19th, 26th

April 2nd

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

Book direct: bookings@familiesinfocus.co.uk or

Book via website: www@familiesinfocus.co.uk



Families In Focus CIC

A Community Interest Company