

FREE



Parent Network



Parent Network support & information 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 Hemel Hempstead Parent Network support & information *drop in* sessions for parents/adoptive parents/grandparents caring for children with *any* additional needs, learning/physical disabilities including Autism, ADHD, Down's Syndrome, Cerebral Palsy, PDA, Diabetes, Crohn's and Colitis etc.

For parents by parents so come and join others living in families similar to yours; share your experiences and knowledge gained along the way in a supportive and non-judgemental, warm and welcoming environment. Each session will also have 'Families in Focus Guide to...' learning topics:

Where:

**South Hill Centre,  
Cemetery Hill,  
Hemel Hempstead  
HP1 1JF**

When:

**Mondays  
9.30am to 11.30am**



**July 15<sup>th</sup>** Tips for a Parents Summer Holiday Survival Guide

**September 16<sup>th</sup>** YC Herts: Parents guide to body changes & hygiene for young people with SEND

**October 7<sup>th</sup>** Sensory world through the eyes of the child

**November 4<sup>th</sup>** Managing your stress & anxiety

**November 25<sup>th</sup>** Guide to helpful services in Hertfordshire

**January 13<sup>th</sup>** Helena Marks-Dwyer: What are reasonable adjustments and how to use them

**February 3<sup>rd</sup>** Helen Allan: An experienced parents strategies to support fussy eaters

**March 2<sup>nd</sup>** Connective Play Therapists: learning through play

**March 23<sup>rd</sup>** Strategies to calm children's anger meltdowns

The Lottery funded Parent Network support & information groups also in Hemel Hempstead (x2 groups) Watford, Stevenage, Hatfield, Harpenden & Biggleswade.

[www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk) [info@familiesinfocus.co.uk](mailto:info@familiesinfocus.co.uk)

Join Families in Focus on

