

FREE



Parent Network

Parent Network support & information sessions for parents caring for children and young people with Autism, Pathological Demand Avoidance (PDA) & Anxiety

Siobhann and Maria are trained **Families in Focus CIC** facilitators as well as parents and are running **Parent Network support & information drop in** sessions in **Hemel Hempstead** for parents/adoptive parents and grandparents caring for children and young people with either a diagnosis or awaiting diagnosis of **Autism**, **PDA** and/or **Anxiety**. Non-judgemental, caring support groups for parents by parents caring for a child with any additional needs – No need to book just turn up. Delivered by experienced and qualified facilitators who are also parents.

Come and join other parents living in families similar to yours and receive emotional and practical support; share your 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:

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

When:

**Mondays
9.30 am to 11.30am**

September 23rd PDA society - Strategies

October 14th Helena Marks-Dwyer: Effective communication with schools, SENDIASS 1:1 appts (Booking essential, francine@familiesinfocus.co.uk)

November 11th Sensory world through the eyes of a child

December 2nd A parents story of PDA and their family

January 20th Relationship issues and SEND

February 10th YC Herts: Parents guide to body changes & hygiene for young people with SEND

March 9th Managing children's anxiety

March 30th Fussy Eaters Tips & ideas from a SEND parent

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

www.familiesinfocus.co.uk info@familiesinfocus.co.uk

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