

FREE



## Parent Network

Parent Network support & information drop in sessions for parents caring for children and young people with any autism, ADHD, additional needs, chronic health conditions and/or disability

Come and join Lesley and Francine at **Families in Focus** in our **Parent Network support & information drop in sessions** for parents, adoptive parents, grandparents caring for children with **any additional need/physical or learning disability/chronic health condition including Autism, ADHD, PDA, Diabetes etc.** in Stevenage. Meet others living in families similar to yours and share your experiences, knowledge with others who truly understand in a supportive, non-judgemental and caring environment.

### Where:

**Phoenix Centre,  
The Hyde,  
Stevenage,  
SG2 9SE**

### When:

**Thursdays from  
9.30am to 11.30am**



**July 4<sup>th</sup>** Preparing for the summer holidays & Donna Hansen, DSPL 2 Support Worker

**September 19<sup>th</sup>** Sensory world through the eyes of a child

**October 10<sup>th</sup>** Fussy Eaters Tips & ideas from a parent of child with SEND

**November 7<sup>th</sup>** PDA Society speaker Q & A

**November 28<sup>th</sup>** Managing your stress and anxiety

**January 16<sup>th</sup>** YC Herts Parents guide to body changes during puberty & hygiene

**February 6<sup>th</sup>** A guide to Hertfordshire services

**March 5<sup>th</sup>** School exclusions with Helena and 1:1 SENDIASS appts (booking essential: francine@familiesinfocus.co.uk)

**March 26<sup>th</sup>** Sleep solutions

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

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

Join Families in Focus on

