

FREE



Parent Network



Parent Network support & information drop in sessions for parents caring for children and young people with *any* additional needs including Autism, ADHD etc.

Come and join parents 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/disability/chronic health condition including Autism, ADHD, Down's Syndrome, Cerebral Palsy, PDA, Diabetes, Crohn's and Colitis etc. in Watford
Meet 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 include a '**Families in Focus Guide to...**' learning topic:

Where:

**Stanborough
Centre
Armstrong Room
609 St Albans Road
Watford
WD25 9JL**

When:

**Mondays
7pm to 9pm**

September 16th Beverly Hamilton Managing behaviours that challenge

October 7th Managing your stress and anxiety

November 4th YC Herts_Parents guide to body changes during puberty & hygiene

November 25th Fussy Eaters Tips & ideas from a parent of child with SEND

January 13th Effects of parenting a child with SEND on relationships

February 3rd How to make your child's EHCP work for you with Helena and 1:1 SENDIASS appts (booking essential: francine@familiesinfocus.co.uk):

March 2nd Beverley Hamilton: Sensory

March 23rd Using Empathy successfully

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

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



Join Families in Focus on