

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 Parent Network support & learning *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 Hemel Hempstead.

Come and join other parents 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**



### 2018 Dates

|                                  |  |
|----------------------------------|--|
| <b>February 19<sup>th</sup></b>  | Managing angry meltdowns   |
| <b>March 12<sup>th</sup></b>     | Louise Howe SEND Specialist<br>Advisory Service Teacher (Specialism: Communication & Autism) |
| <b>April 23<sup>rd</sup></b>     | 'Professional parent' toolkit  |
| <b>May 14<sup>th</sup></b>       | Carers assessment speaker  |
| <b>June 11<sup>th</sup></b>      | EHCP speaker   |
| <b>July 2<sup>nd</sup></b>       | Managing challenging behaviours  |
| <b>September 17<sup>th</sup></b> | SEND speaker to be confirmed   |
| <b>October 15<sup>th</sup></b>   | Understanding Teenage brain  |
| <b>November 12<sup>th</sup></b>  | Sibling issues   |
| <b>December 3<sup>rd</sup></b>   | Handling Stress  |

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Families in Focus Parent Network also in Watford, St Albans, Stevenage, Houghton Regis & Biggleswade