

**FREE**

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**Families In Focus CIC**  
LOOKING FORWARD TOGETHER

Fully funded by DSPL7 and places available for any **dad, grandfather, adoptive/foster father caring for a child under 11 years old with any additional need, learning/physical disability and/or chronic health condition**

living in St Albans, Harpenden & villages

## **Families in Focus CIC Just for Dads Guide to.....**

**The Alban Way  
Children's Centre @  
Marshalswick,**

**Mon 30<sup>th</sup> April 7-9pm**

Strategies to manage behaviours that challenge

**Sherwood Park,**

**Mon 21<sup>st</sup> May 7-9pm**

**Sherwood Avenue,**

Strategies to manage anger

**St Albans**

**Mon 25<sup>th</sup> June 7-9pm**

**AL4 9QL**

Using empathy to communicate and build emotional well-being

**Mon 9<sup>th</sup> July 7-9pm**

Strategies to manage anxiety



**Places are limited and must be booked by contacting Lesley, Francine or Maria:**

**Email info@familiesinfocus.co.uk**

**Phone and leave a message: 01442 219720**