

**FREE**

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## Parent Network

Parent Network support, information & learning drop in sessions for parents/grandparent/adoptive parents caring for children & young people with additional needs, learning/physical disabilities and/or chronic health conditions.

Families in Focus are running Parent Network support, information & learning *drop in* sessions for parents, adoptive parents, grandparents caring for children with Autism, ADHD, Down's Syndrome, Cerebral Palsy, PDA, Diabetes, Crohn's and Colitis etc. in St Albans

No matter where you live, come and join 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 have a 'Families in Focus Guide to...' learning topic:

### Where:

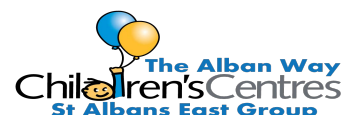
**The Alban Way  
Childrens Centre  
Sherwood Avenue  
Recreation Ground,  
Marshalswick  
St Albans  
AL4 9QL** (Parking onsite)

### When:

**Mondays  
7pm to 9pm**

### 2018 Dates:

<b><u>19th March</u></b>	Open Forum/Understanding Children's Sensory Needs
<b><u>16th April</u></b>	What is Challenging Behaviour
<b><u>14th May</u></b>	Managing Challenging Behaviour
<b><u>18th June</u></b>	Speaker T.B.C.
<b><u>16th July</u></b>	Summer Holiday Top Tips
<b><u>24th September</u></b>	EHCP: What you need to know
<b><u>22nd October</u></b>	Handling Anger



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Families in Focus Parent Network also in Watford, Hemel Hempstead, Stevenage, Houghton Regis & Biggleswade