



Families in Focus CIC Parenting with Empathy

to reduce behaviours that challenge &
build your families emotional wellbeing

A proven therapeutic approach to increase positive family communication to manage behaviours that challenge.

What empathic listening is and how and why it builds strong attachments in families

Encouraging families to build a positive emotional language when managing anger and/or 'emotional traffic jams'

Using empathy to set clear expectations and boundaries to enable children to feel safe

Fully funded places available by DSPL 9 so FREE for parents caring for children under 11 years old with *any* additional needs and living in DSPL9 areas of Radlett, Bushey, Three Rivers and Watford

Where:
**Stanborough Centre,
Maple Room
609 St Albans Road
Watford
WD25 9JL**

When:
**Wednesdays
9.30am to 11.30am
October 10th 17th 24th**

"It seemed so simple but hard at the same time and too good to be true – Francine & Lesley encouraged and supported me to increase my listening and use empathy to help my child and me understand each other better and it worked! We have a much calmer relationship now."

DSPL | Delivering Special
Provision Locally
Achieving quality outcomes



Families In Focus CIC

A Community Interest Company

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

Email bookings@familiesinfocus.co.uk or

Visit our website www.familiesinfocus.co.uk to book