



## For brothers, sisters and parents of children with additional needs

WEDNESDAY'S 4.00-5.30PM

South Hill Centre,  
Cemetery Hill,  
Hemel Hempstead HP1 1JF

January 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>  
February 6<sup>th</sup>

Limited  
*free* places available.

To find out more and book your  
places:

Email:  
[Francine@familiesinfocus.co.uk](mailto:Francine@familiesinfocus.co.uk)  
or  
Call:  
07867510027

### For siblings:

For siblings aged 5-10 years, of brothers and sisters of children with additional needs and their parents. Therapeutic play, fun and games with discussions, sharing and expressing feelings, understanding more about your brother or sister and why they do what they do. Find new ways of coping with difficult things and meeting other children who live in family similar to yours.

### For parents:

Parents will meet in their own group with Francine and Lesley to understand the needs of siblings and how to best support them, share concerns and learn effective communication techniques to build strong supportive positive family relationships with other parents of children other children who live in family similar to yours.

### The important bit

- Siblings must be accompanied by parent/s to all sessions.
- Parent will need to arrange alternative care and accommodation for the child with SEND.
- There will be simple fun family tasks to take home to support learning (taking about 10 minutes per week)

