

FREE



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 in **Marshalswick, St Albans** for parents, adoptive parents, grandparents caring for children with any additional need/physical or learning disability/chronic health condition including Autism, ADHD, Down's Syndrome, Cerebral Palsy, PDA, Diabetes, Crohn's and Colitis etc.

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
Children's Centres
Marshalswick,
Sherwood Park,
Sherwood Avenue,
St Albans
AL4 9QL**

When:

**Monday
7pm to 9pm**

2018 Dates:

24th September **EHCP: The basics.**

22nd October **Handling Anger**

19th November
Empathy/Positive Praise

10th December **Xmas
Strategies & Resource Sharing**

Lottery funded Families in Focus Parent Network also in Watford,

St Albans, 2 x Hemel Hempstead & Biggleswade

Website: www.familiesinfocus.co.uk Email: info@familiesinfocus.co.uk

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