

FREE



Parent Network

Parent Network support & information drop in sessions for parents caring for children and young people with *any* additional needs including Autism, ADHD etc.

Come and join parents Lesley and Francine at **Families in Focus** in our **Parent Network support & information drop in** sessions for parents, adoptive parents, grandparents caring for children with *any* additional need/disability/chronic health condition including Autism, ADHD, Down's Syndrome, Cerebral Palsy, PDA, Diabetes, Crohn's and Colitis etc. in **Watford**

Meet 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 include a '**Families in Focus Guide to...**' learning topic:

Where:

**Stanborough Centre
609 St Albans Road
Watford
WD25 9JL**

When:

**Mondays
7pm to 9pm**

2018 Dates:

September 17th

Independent SEND specialist – EHCP
Questions & Answers

October 15th

Sleep: setting a healthy sleep routine

November 12th

Understanding sensory signals and how it may affect children's behaviours

December 3rd

Managing stress in our families

Families in Focus Parent Network also in Hemel Hempstead, St Albans, Stevenage, Biggleswade; all dates, times and venue details available on our website: www.familiesinfocus.co.uk

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

Facebook: Families in Focus CIC

