

**FREE**



## Parent Network

Parent Network support & information groups for parents caring for children and young people with any additional needs, chronic health condition and/or disability

Lesley and Francine at **Families in Focus CIC** are running **Parent Network support & information** sessions in **Biggleswade** for parents/ adoptive parents and grandparents caring for children with any additional need/physical and/or learning disability/chronic health condition including Autism, ADHD, Diabetes, etc. Non-judgemental, caring support groups for parents by parents caring for a child with any additional needs – No need to book just turn up 😊 Delivered by experienced and qualified facilitators who are also parents

Come and join other parents living in families similar to yours; share your experiences and knowledge gained along the way in a supportive and non-judgemental environment. Each session will include a '**Families in Focus Guide to...**' learning topic:

**The Hub, Ivel Valley School, The Baulk,**

**Biggleswade SG18 0PT**

**Thursdays from 9.30am to 11.30**

**March 7<sup>th</sup>**: Professional Parent: planning & preparation for meetings with professionals

**April 25<sup>th</sup>** Empathy, an effective strategy for reducing anger in your family

**May 16<sup>th</sup>** Planning & preparation for your EHCP

**June 6<sup>th</sup>** Speaker to be confirmed

**June 27<sup>th</sup>** Getting your SEND child to sleep

Lottery funded Families in Focus Parent Network also in Hemel Hempstead, Watford,

St Albans & Stevenage

Website: [www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk) Email: [info@familiesinfocus.co.uk](mailto:info@familiesinfocus.co.uk)

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