

FREE



Parent Network



LOTTERY FUNDED

Parent Network support & information drop in sessions 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 will be running Hemel Hempstead Parent Network support & information *drop in* sessions for parents/adoptive parents/grandparents caring for children with any additional needs, learning/physical disabilities including Autism, ADHD, Down's Syndrome, Cerebral Palsy, PDA, Diabetes, Crohn's and Colitis etc.

For parents by parents so come and join others living in families similar to yours; share your experiences and knowledge gained along the way in a supportive and non-judgemental, warm and welcoming environment. Each session will also have 'Families in Focus Guide to...' learning topics:

Where:

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

When:

**Mondays
9.30am to 11.30am**



2019 Dates

March 4th

Helena Marks-Dwyer Independent SEND Advisor all you need to know to start an EHCP

April 29th

Understanding the Teen Brain

May 20th

Managing everyday stress & anxiety

June 17th

Speaker to be confirmed

July 15th

Tips for surviving the summer holidays

The Lottery funded Parent Network support & information groups also in Hemel Hempstead (x2 groups) Watford, Stevenage, Harpended & Biggleswade.

www.familiesinfocus.co.uk info@familiesinfocus.co.uk

Join Families in Focus on

