

FREE



Parent Network



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**



July 15th Tips for a Parents Summer Holiday Survival Guide

September 16th YC Herts: Parents guide to body changes & hygiene for young people with SEND

October 7th Sensory world through the eyes of the child

November 4th Managing your stress & anxiety

November 25th Guide to helpful services in Hertfordshire

January 13th Helena Marks-Dwyer: What are reasonable adjustments and how to use them

February 3rd Helen Allan: An experienced parents strategies to support fussy eaters

March 2nd Connective Play Therapists: learning through play

March 23rd Strategies to calm children's anger meltdowns

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

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

Join Families in Focus on

