

FREE



Parent Network

Parent Network support & information drop in sessions for parents caring for children and young people with any autism, ADHD, additional needs, chronic health conditions and/or disability

Come and join 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/physical or learning disability/chronic health condition including Autism, ADHD, PDA, Diabetes etc.** in Stevenage. Meet others living in families similar to yours and share your experiences, knowledge with others who truly understand in a supportive, non-judgemental and caring environment.

Where:

**Phoenix Centre,
The Hyde,
Stevenage,
SG2 9SE**

When:

**Thursdays from
9.30am to 11.30am**



July 4th Preparing for the summer holidays & Donna Hansen, DSPL 2 Support Worker

September 19th Sensory world through the eyes of a child

October 10th Fussy Eaters Tips & ideas from a parent of child with SEND

November 7th PDA Society speaker Q & A

November 28th Managing your stress and anxiety

January 16th YC Herts Parents guide to body changes during puberty & hygiene

February 6th A guide to Hertfordshire services

March 5th School exclusions with Helena and 1:1 SENDIASS appts (booking essential: francine@familiesinfocus.co.uk)

March 26th Sleep solutions

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

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

Join Families in Focus on

