

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  
Armstrong Room  
609 St Albans Road  
Watford  
WD25 9JL**

When:

**Mondays  
7pm to 9pm**

**September 16<sup>th</sup>** Beverly Hamilton Managing behaviours that challenge

**October 7<sup>th</sup>** Managing your stress and anxiety

**November 4<sup>th</sup>** YC Herts\_Parents guide to body changes during puberty & hygiene

**November 25<sup>th</sup>** Fussy Eaters Tips & ideas from a parent of child with SEND

**January 13<sup>th</sup>** Effects of parenting a child with SEND on relationships

**February 3<sup>rd</sup>** How to make your child's EHCP work for you with Helena and 1:1 SENDIASS appts (booking essential: [francine@familiesinfocus.co.uk](mailto:francine@familiesinfocus.co.uk)):

**March 2<sup>nd</sup>** Beverley Hamilton: Sensory

**March 23<sup>rd</sup>** Using Empathy successfully

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

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



Join Families in Focus on