

# FREE



Parent Network support & information drop in sessions for parents caring for children and young people with any Special Education Needs and/or disability, inclusive of autism and ADHD

Come and join Lesley and Francine at **Families in Focus** Parent Network support & information drop in sessions for any parent caring for children with any Special Education Need inclusive of Autism, ADHD and also inclusive of those awaiting assessment/diagnosis. Meet others living in families similar to yours and share your experiences, knowledge with others who truly understand in a supportive, judgement-free and caring environment.

## Where:

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

## When:

Mondays 9.30-  
11.30am

**September 16th** YC Herts Parent's guide to body changes during puberty & hygiene & young people with SEND

**October 7th** Sensory world through a child's eyes

**November 4th** Understanding education services

**November 25th** Parenting children with SEND and how to maintain healthy relationships

**January 13th** Helena Marks-Dwyer, Independent SEND Advisor: What are reasonable adjustments and how to use them

**February 3rd** Helen Alan: A parent's tips 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 Stevenage (x2 groups) Watford, Harpenden, Hatfield & Biggleswade.

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