

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:

Phoenix Centre,
The Hyde,
Stevenage,
SG2 9SE

When:

Thursdays
9.30 - 11.30am



Families In Focus CIC
LOOKING FORWARD TOGETHER

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 Letting go of anger
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 Understanding anger. Also included confidential 1:1 appointments with Herts. SENDIASS (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

Facebook - [@familiesinfocus.co.uk](https://www.facebook.com/familiesinfocus.co.uk) | Instagram - [@familiesinfocuscic](https://www.instagram.com/familiesinfocuscic) | Twitter - [@FiFHerts](https://twitter.com/FiFHerts)