

# 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:

Stanborough  
Centre,  
Armstrong Room,  
609 St Albans Rd,  
Watford,  
WD25 9JL

## When:

Mondays 7-9pm

**September 16th** Beverly Hamilton, SEN Consultant at Ask Bev Consultancy: Managing behaviours that challenge

**October 7th** Managing your stress and anxiety

**November 4th** YC Herts Parent's guide to body changes during puberty & hygiene & young people with SEND

**November 25th** Fussy eaters tips and ideas from a parent of a child with SEND

**January 13th** Effects of parenting a child with SEND on relationships

**February 3rd** How to make your child's EHCP work for you with Helena Marks-Dwyer, Independent SEND Advisor & SENDIASS 1:1 appts (booking essential: francine@familiesinfocus.co.uk)

**March 2nd** Beverly Hamilton, SEN Consultant at Ask Bev Consultancy: Sensory and how it may impact on your child

**March 23rd** Using empathy successfully to increase emotional intelligence



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

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