



Parent Network support & learning group for parents caring for:

Lesley and Francine at Families in Focus, working in partnership with the DSPL7 team will be running 6 Parent Network support & learning *drop in* sessions for parents caring for children with *any* additional need, lifelong condition and/or disability including Autism, ADHD, Down's Syndrome etc. in St Albans. Each *drop in* session includes time for parents to meet others living in similar families, share experiences and knowledge and a learning focus:

Understanding all about anger in families - Monday June 13th

Strategies to manage anger - Monday July 4th

Understanding challenging behaviours in children – Monday September 19th

Managing behaviours in children – Monday October 10th from

The emotional journey of a parent - Monday November 14th

Managing with stress and taking care of ourselves – Monday December 5th

Where:

St Albans Girls' School,
Sandridgebury Lane
St Albans
Hertfordshire
AL3 6DB

When:

Mondays 7pm to 9pm

Remember, no need to book just drop in and join us