

A Survival Guide for Parents



Stand Alone Sessions (mostly)

2 hour Zoom sessions

18:30 – 20:30 on Wednesday evenings

£10 per person per session

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| Topic | Date |
| How to Speak so they Listen and Listen, so they Speak | 2nd Dec 2020 | 14th April 2021 |
| How to Communicate with Teenagers | 9th Dec 2020 | 21st April 2021 |
| Raising Self Esteem  | 6th Jan 2021 | 28th April 2021 |
| Increasing Motivation | 13th Jan 2021 | 5th May 2021 |
| Understanding Anxiety & Depression part One | 20th Jan 2021 | 12th May 2021 |
| Support with Anxiety & Depression part Two | 27th Jan 2021 | 19th May 2021 |
| How to Speak so they Listen and Listen, so they Speak | 3rd Feb 2021 | 26th May 2021 |
| Understanding Anger Part One | 10th Feb 2021 | 2nd Jun 2021 |
| Understanding Anger Part Two | 24th Feb 2021 | 9th Jun 2021 |
| Introduction to Autism Part One | 3rd Mar 2021 | 16th Jun 2021 |
| Introduction to Autism Part Two | 10th Mar 2021 | 23rd Jun 2021 |
| Introduction to ADHD  | 17th Mar 2021 | 30th Jun 2021 |
| Addictive behaviour Awareness | 7th April 2021 | 7th Jul 2021 |

**To book a place please contact**

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