

A Survival Guide for Parents



Stand Alone Sessions (mostly)

that run from 6:30 – 8:30 on Wednesday evenings.

£10 per person per two-hour session

Online via ZOOM or in person

from the EDAS Serenitea Cafe at

54a Ashley Road, Poole, Dorset BH14 9BN

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| Topic | Date | |
| How to Speak so they Listen and Listen, so they Speak | 30th Mar 2022 | 13th Jul 2022 |
| How to Communicate with Teenagers | 6th Apr 2022 | 20th Jul 2022 |
| Raising Self Esteem | 20th Apr 2022 | 31st Aug 2022 |
| Family meetings | 27th Apr 2022 | 7th Sep 2022 |
| Understanding Anxiety & Depression part One | 4th May 2022 | 14th Sep 2022 |
| Support with Anxiety & Depression part Two | 18th May 2022 | 21st Sep 2022 |
| How to Speak so they Listen and Listen, so they Speak | 25th May 2022 | 5th Oct 2022 |
| Understanding Anger Part One | 1st Jun 2022 | 12th Oct 2022 |
| Understanding Anger Part Two | 8th Jun 2022 | 19th Oct 2022 |
| Introduction to Autism Part One | 15th Jun 2022 | 26th Oct 2022 |
| Introduction to Autism Part Two | 22nd Jun 2022 | 2nd Nov 2022 |
| Introduction to ADHD | 29th Jun 2022 | 9th Nov 2022 |
| Addictive behaviour Awareness | 6th Jul 2022 | 16th Nov 2022 |

**To book a place please contact:**

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