

PARENTING COURSES

These are all **FREE COURSES!** All run by qualified trainers with years of experience and parents of additional needs children themselves. The courses are suitable for all additional needs and ADHD and or ASC especially. **Booking is essential and self referral only.**

Managing the Behaviour of a Child with Additional Needs

Thursday November 3rd, 10th, 17th, 24th December 1st & 8th from 1-3pm

Community Room Birchwood Childrens Centre Hatfield (creche available) Booking Contact: Frances Dines 01707 262648 plus Carers in Hertfordshire Suzy Smith 01462 456660 or Alex Darr 01992 586969

Managing the Behaviour Of a Child with Additional Needs

Tuesday 13th September - October 18th 12.30 -2.30 (No creche)

At Link Dacorum. Hobbletts Manor School, Adelfield, Hemel Hempstead Booking Contact Francine 0786 751 0027 or Lesley 01442 219720 plus Carers in Hertfordshire Suzy Smith 01462 456660 or Alex Darr 01992 586969

Parenting a child with ADHD and or ASC

Wednesday September 14th - October 19th 12.30 -2.30 (creche available)

At De Havilland Childrens Centre Hatfield

Booking contact Sarah Bowyer 01707 346624 plus Carers in Hertfordshire Suzy Smith 01462 456660 or Alex Darr 01992 586969

Parenting a child with Additional Needs

Wednesday 2nd November - December 7th 7-9pm (no creche)

At Windmill Childrens Centre, Broadfield School.

Booking contact Jan Garwood and Caroline Keeler 01442 426303

Parenting a Additional Needs child - The Complete Guide

New Program of 10 sessions covering the challenges, practical issues and emotional journey, and how this impacts on relationships and siblings. Solutions, tips, ideas and finding new ways to manage the behaviours and difficult emotions such as anger to lessen the stress and help parents enjoy family life. One in Watford and Stevenage in January as follows:

Watford - To be confirmed contact Francine or Lesley 01442 219720 for details or email

francine@familiesinfocus.co.uk for latest info.

Stevenage - Bedwell CC Thursday January 12th - 22nd March (not half term Feb 16th) 12.30 -2.30 Creche available Booking contact Carers in Hertfordshire Suzy Smith 01462 456660 or Alex Darr 01992 586969

Handling Anger In Your Family

6 sessions in Stevenage, Hemel Hempstead and Watford. A very popular course loaded with tips & ideas on understanding anger in ourselves and our children and helpful strategies, helpful ways to communicate and calming down techniques.

Stevenage - Broadwater Childrens Centre - November 2nd - December 7th 9.30-11.30 (creche available)

Booking Contact Sharon Bell 01438 230444

Hemel Hempstead Hobbletts Manor School, November 1st – December 6th Booking contact Francine 0786 751 0027 or Lesley 01442 2219720