



# Families in Focus CIC

## A Complete Guide to Parenting Children with SEND

including Autism, ADHD & associated conditions



Families in Focus award winning parenting course is facilitated by Francine & Lesley who are experienced and qualified trainers, one of whom has a son with Autism and challenging behaviour.

Topics included:

- ✓ Gain greater understanding and answer the question, 'Why do they do that?'
- ✓ Learn a range of strategies & solutions, to better manage behaviours that challenge.
- ✓ Gain more understanding of anger triggers and strategies to manage angry meltdowns.
- ✓ Learn how to support siblings living with a sister/brother with additional needs/challenging behaviours.
- ✓ Learn communication techniques to reduce 'emotional traffic jams' and improve emotional wellbeing
- ✓ Techniques to manage stress, conflict and so much more....

*"I would highly recommend all parents of children with Autism go on this course – you'll be amazed how much you learn."*

*Parent of a child with Autism*

Where:

**Warners End  
Community Centre  
Northridge Way,  
Hemel Hempstead  
HP1 3QG**

When:

**Tuesdays**

**6.45pm to 8.45pm**

**January 29<sup>th</sup>**

**February 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>**

**March 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>**

**April 2<sup>nd</sup>**

**To book your free place on our award winning parenting course contact Francine & Lesley:**

**Book direct: [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) or**

**Book via website: [www@familiesinfocus.co.uk](http://www@familiesinfocus.co.uk)**



**Families In Focus CIC**

A Community Interest Company