

FREE



Parent Network



Parent Network support & information drop in sessions for parents caring for children and young people with *any* additional needs, chronic health condition and/or disability

Maria & Hayley are all parents and trained Families in Focus CIC facilitators who are running FREE Parent Network support & information drop in sessions in Harpenden. For parents/ adoptive parents and grandparents caring for children and young people with either a diagnosis or awaiting diagnosis of Special Education Needs. Caring support groups for parents by parents caring for a child with any special education needs. No need to book just turn up. No matter where you live, come and join other parents living in families similar to yours; share experiences and knowledge gained along the way in a supportive and non-judgemental environment. Each session will also have a 'Families in Focus Guide to...' learning topic:

The Harpenden
Trust Centre, 90,
Southdown Road,
Harpenden
AL5 1PS

Thursdays
evenings
7pm to 9pm



July 18th Sharing tips & strategies for a Parents Summer Holiday's Survival Guide

September 5th Understanding our sensory world through the eyes of the child with guests Lesley and Francine

October 3rd YC Herts Parents guide to body changes during puberty & hygiene & young people with SEND

November 7th Relationship tips & parenting a child with SEND

December 12th Christmas tips and children with SEND

January 9th Reasonable adjustments with Helena and SENDIASS 1:1 appts ([booking essential: francine@familiesinfocus.co.uk](mailto:booking.essential@familiesinfocus.co.uk))

February 6th Managing your stress and anxiety with guests Francine & Lesley

March 5th Guide to helpful services in Hertfordshire

April 2nd Beverley Hamilton: Strategies to manage behaviours that challenge

The Lottery funded Parent Network support & information groups also in Hemel Hempstead (x2 groups) Watford, Stevenage, Hatfield, Harpenden & Biggleswade.

www.familiesinfocus.co.uk info@familiesinfocus.co.uk

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