

FREE

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Families In Focus CIC
LOOKING FORWARD TOGETHER

Fully funded by DSPL7 and places available for any **dad, grandfather, adoptive/foster father caring for a child under 11 years old with any additional need, learning/physical disability and/or chronic health condition**

living in St Albans, Harpenden & villages

Families in Focus CIC Just for Dads Guide to.....

**The Alban Way
Children's Centre @
Marshalswick,**

Mon 30th April 7-9pm

Strategies to manage behaviours that challenge

Sherwood Park,

Mon 21st May 7-9pm

Sherwood Avenue,

Strategies to manage anger

St Albans

Mon 25th June 7-9pm

AL4 9QL

Using empathy to communicate and build emotional well-being

Mon 9th July 7-9pm

Strategies to manage anxiety



Places are limited and must be booked by contacting Lesley, Francine or Maria:

Email info@familiesinfocus.co.uk

Phone and leave a message: 01442 219720