

# ASD Family Help

Registered Charity No. 1135718

## Family Matters

FREE 6 weeks training course starting April 2018

**Skills to help with relationships, financial understanding & to improve mental wellbeing for families affected by Autism**

**Venue:**

St Paul's Parish Rooms  
Rapsey Room  
Reading Road  
Wokingham  
RG41 1EH

Session	Date	Time	Course Content
1	Friday 20 <sup>th</sup> April	9.45am-11.45am	Welcome & Introduction. Organisation, Effective Communication, Good & Bad Listening. Solution focused approach.
2	Friday 27 <sup>th</sup> April	9.45am-11.45am	Rational Needs, Behaviour, Anger & Conflict
3	Friday 4 <sup>th</sup> May	9.45am-11.45am	Forgiveness & Relationships
4	Friday 11 <sup>th</sup> May	9.45am-11.45am	Good & Bad Money Management PLUS Banking, Budgeting, Debt, Savings and Benefits
5	Friday 18 <sup>th</sup> May	9.45am-11.45am	Improving your Mental Wellbeing
6	Friday 25 <sup>th</sup> May	9.45am-11.45am	Certificates, Evaluation & Feed Back

**All 6 sessions need to be attended to complete the course**  
**Refreshments available**

To book on this course please email: [jayne@asdfamilyhelp.org](mailto:jayne@asdfamilyhelp.org) or text/phone: 07733 601755

