

FREE

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Parent Network

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

Lesley and Francine at Families in Focus will be running Parent Network support, guidance & learning *drop in* sessions for parents caring for children with any additional need/disability/chronic health condition including Autism, ADHD, Down's Syndrome, Cerebral Palsy, PDA, Diabetes, Crohn's and Colitis etc. in St Albans

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 'Families in Focus Guide to...' learning topics:

Where:

**St Michaels Parish
Centre,
St Michael Street
St Albans AL3 4SL**

(Park in Verulamium Museum free after 6.30)

When:

**Mondays
7pm to 9pm**

2017 Dates:

9th October speaker from The Inclusion Project

6th November Understanding sensory issues

27th November Handling parental stress

2018 Dates:

15th January Seeking sleep 1– helping children with SEND get to sleep

5th February Seeking sleep 2 – helping children with SEND get to sleep

26th February Phone safety with Maria Field

19th March Independent Living skills

Website: www.familiesinfocus.co.uk Email: info@familiesinfocus.co.uk Tel: 01442 219 720

Families in Focus Parent Network also in

Watford, Hemel Hempstead, Stevenage, Toddington & Biggleswade