

# Families in Focus CIC

*"Passionate about empowering parents"*

## A Complete Guide to Parenting Children with ANY Special Education Need

This course is free to any parent living in Hertfordshire and caring for a primary aged child awaiting diagnosis or with a diagnosis of Autism, ADHD, etc.

Lesley & Francine are parents and experienced & qualified trainers.

Topics included:

- ✓ Gain greater understanding and answer the question, 'Why does my child do that?'
- ✓ Learn a range of strategies & solutions, to better manage behaviours that challenge.
- ✓ Gain more understanding of anger triggers and strategies to reduce 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 your child's emotional wellbeing and regulation
- ✓ Techniques to manage stress, conflict and so much more....

Where:

**Maple Room  
Fleetville Junior School  
228 Hatfield Road,  
St Albans,  
AL1 4LW.**

When:

**Tuesdays**

**7-9pm**

**September 10, 17, 24**

**October 1, 8, 15, 22, 29**

**November 5, 12**

Funded by Hertfordshire  
County Council



Families In Focus CIC  
A Community Interest Company

**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)**

*"I would highly recommend all parents of children with Autism go on this course - you'll be amazed how much you learn, and it's great that both Lesley and Francine are parents too so really do understand."*

*Parent of a child with Autism*