

A Survival Guide for Parents



Stand Alone Sessions (mostly)

2 hour Zoom sessions

18:30 – 20:30 on Wednesday evenings

£10 per person per session

Topic	Date	
How to Speak so they Listen and Listen, so they Speak	2 nd Sep 2020	2 nd Dec 2020
How to Communicate with Teenagers	9 th Sep 2020	9 th Dec 2020
Raising Self Esteem	16 th Sep 2020	6 th Jan 2021
Increasing Motivation	23 rd Sep 2020	13 th Jan 2021
Understanding Anxiety & Depression part One	30 th Sep 2020	20 th Jan 2021
Support with Anxiety & Depression part Two	7 th Oct 2020	27 th Jan 2021
How to Speak so they Listen and Listen, so they Speak	14 th Oct 2020	3 rd Feb 2021
Understanding Anger Part One	21 st Oct 2020	10 th Feb 2021
Understanding Anger Part Two	28 th Oct 2020	24 th Feb 2021
Introduction to Autism Part One	4 th Nov 2020	3 rd Mar 2021
Introduction to Autism Part Two	11 th Nov 2020	10 th Mar 2021
Introduction to ADHD	18 th Nov 2020	17 th Mar 2021
Addictive behaviour Awareness	25 th Nov 2020	7 th April 2021

To book a place please contact

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