

DIY Dads Timetable 2019-2020



9:30-11:30 every Saturday

at the Alderney Manor Community Association

287 Herbert Ave, Poole BH12 4HT

£10 per session

Stand-alone sessions (mostly) that cover a range of issues commonly faced by parents and carers. These sessions are aimed to support men with 'DAD' responsibilities.

How to Speak so they Listen, and Listen so they Speak	2 nd Nov 2019	15 th Feb 2020
Managing the Family	9 th Nov 2019	22 nd Feb 2020
Supporting your Child's Self Esteem	16 th Nov 2019	29 th Feb 2020
Increasing Motivation in your child	23 rd Nov 2019	
Welcome to the Teenage Brain!	7 th Dec 2019	
What is Anxiety?	14 th Dec 2019	
Understanding Anger Part 1	11 th Jan 2020	
Understanding Anger Part 2	18 th Jan 2020	
Supporting Children on the Spectrum Pt 1	25 th Jan 2020	
Supporting Children on the Spectrum Pt 2	1 st Feb 2020	
What is Depression?	8 th Feb 2020	

To book a place email diydads2019@gmail.com and speak to Jane