

FREE

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Parent Network

Parent Network support, information & learning drop in sessions for parents/grandparent/adoptive parents caring for children & young people with additional needs, learning/physical disabilities and/or chronic health conditions.

Families in Focus are running Parent Network support, information & learning *drop in* sessions in **Marshalswick, St Albans** for parents, adoptive parents, grandparents caring for children with any additional need/physical or learning disability/chronic health condition including Autism, ADHD, Down's Syndrome, Cerebral Palsy, PDA, Diabetes, Crohn's and Colitis etc.

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 a 'Families in Focus Guide to...' learning topic:

Where:

**The Alban Way
Children's Centres @
Marshalswick,
Sherwood Park,
Sherwood Avenue,
St Albans
AL4 9QL**

When:

**Every Second Wednesday
of the Month (Term Time)**

9.30am to 12pm

2018 Dates:

9th May	Welcome & meet the team/Open Forum: What are the issues faced by parents living in the St Albans area?
13th June	Managing Phone Safety
11th July	Summer Holiday Top Tips
12th September	EHCP: What you need to know
10th October	EHCP: Annual/Draft Review Process
14th November	Handling Anger
12th December	Xmas Strategies & Resource Sharing



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Families in Focus Parent Network also in Watford, Hemel Hempstead, Stevenage, Houghton Regis & Biggleswade