

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

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**

2018 Dates:

<u>15th January</u>	Seeking sleep 1
<u>5th February</u>	Seeking sleep 2
<u>26th February</u>	Maria Field: How to keep children safe when using mobile phones
<u>19th March</u>	Understanding children's Sensory Need
<u>9th April</u>	What is Challenging Behaviour
<u>14th May</u>	Managing Challenging Behaviour
<u>4th June</u>	Speaker
<u>25th June</u>	ECHP: What you need to know
<u>16th July</u>	Summer Holiday Top Tips



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