



# Families in Focus CIC Parenting with Empathy

to build your families emotional wellbeing and  
reduce behaviours that challenge

**A proven therapeutic approach to increase positive family communication to manage behaviours that challenge.**

**Topics will include:**

**“What is empathic listening? How and why it benefits families?”**

**“Encouraging families to build a positive emotional language”**

**“Ways to consistently model positive reinforcement”**

Fully funded places available by DSPL 7 so  
FREE for parents caring for children under 11  
years old with *any* additional needs and living in  
**DSPL7 areas of St Albans, Harpenden  
Redbourn, Wheathampstead, London Colney.**

Where:

**St Albans Girls' School,  
Sandridgebury Lane  
St Albans  
Hertfordshire  
AL3 6DB**

When:

**Monday 12.30 to 2.30pm**

**March 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>**

*“It seemed so simple  
but hard at the same  
time and too good to  
be true – Francine &  
Lesley encouraged  
and supported me to  
increase my listening  
and use empathy to  
help my child and me  
understand each  
other better and it  
worked! We have a  
much calmer  
relationship now.”*

**DSPL** | Delivering Special  
Provision Locally  
*Achieving quality outcomes*



**Families In Focus CIC**

A Community Interest Company

**Places are limited and must be booked by contacting  
Lesley, Francine or Maria:**

**Email [info@familiesinfocus.co.uk](mailto:info@familiesinfocus.co.uk)**

**Phone and leave a message: 01442 219720**