



October 2023

Newsletter

LET'S FACE SOME ISSUES!

Wednesday
18th Oct
18:30 - 19:30
FREE



FREE SESSION
Family Meetings:
Why and How

Monday
2nd Oct
18:30 - 20:30
£24



Understanding
the Teenage Brain
Why teens think, feel and behave
differently from adults

Monday
23rd Oct
18:30 - 20:30
£24



Understanding Anger
Yours and theirs - what is anger, why
do we feel it and how can we manage
it?

Thursday
26th Oct
18:30 - 20:30
£24



Supporting a Child with ADHD
interactive session explaining what ADHD is
and offering a range of interventions that can
make lasting differences.