

# Families in Focus CIC

*"Passionate about empowering parents"*

## A Complete Guide to Parenting Children with ALL Special Education Needs

This course is free to any parent living in Hertfordshire and caring for a primary aged child awaiting diagnosis or with a diagnosis of Autism, ADHD, SEND.

Lesley & Francine are parents and experienced & qualified trainers.

Topics included:

- ✓ Gain greater understanding and answer the question, 'Why does my child do that?'
- ✓ Learn a range of strategies & solutions, to better manage behaviours that challenge.
- ✓ Gain more understanding of anger triggers and strategies to reduce angry meltdowns.
- ✓ Learn how to support siblings living with a sister/brother with additional needs/challenging behaviours.
- ✓ Learn communication techniques to reduce 'emotional traffic jams' and improve your child's emotional wellbeing and regulation
- ✓ Techniques to manage stress, conflict and so much more....

*"I would highly recommend all parents of children with Autism go on this course - you'll be amazed how much you learn, and it's great that both Lesley and Francine are parents too so really do understand."*

*Parent of a child with Autism*

Where:

**The Phoenix Centre  
2-6 The Hyde  
Stevenage  
SG2 9SE**

When:

**Thursdays**

**12pm to 2pm**

**April 23<sup>rd</sup>**

**May 7<sup>th</sup> 14<sup>th</sup> 21<sup>st</sup>**

**June 4<sup>th</sup> 11<sup>th</sup> 18<sup>th</sup> 25<sup>th</sup>**

**July 2<sup>nd</sup>**

**Funded by Hertfordshire  
County Council**



**Families In Focus CIC**

A Community Interest Company

**To book your free place on our award winning parenting course contact Francine & Lesley:**

**Book direct: [bookings@familiesinfoocus.co.uk](mailto:bookings@familiesinfoocus.co.uk) or**