

Sessions are free and funded by the Big Lottery.

Support groups for parents caring for children with additional needs and disabilities.

Examples of themed sessions

- Managing Challenging Behaviours
- Managing sensory issues
- Strategies to encourage and motivate children with additional needs
- Solutions to manage difficult behaviours, empathic listening
- All about Anger 1 – triggers and understanding why children get angry
- All about Anger 2 - Strategies to manage anger and calm down meltdowns
- Sharing the Emotional Journey of parents with additional needs
- The Tasks of Adjustment - Understanding the impact of having a disabled child on family relationships and sharing difficult feelings
- Managing stress & bringing balance to family life
- Sibling's issues and effective ways to help siblings
- Liaising with schools and professionals who support your child with additional needs
- Helping Teenagers with additional needs with transition to adulthood
- Plus Outside speakers for Education issues, Law and SEN, Benefits advice, sensory issues etc.

It's FREE to become a member

There is no need to book in advance, just drop in.
Dates are listed on our website www.familiesinfocus.co.uk

For more information

Contact Lesley or Francine on the following details:

t: 01442 219720 | text: 07867 510027

e: info@familiesinfocus.co.uk

www.familiesinfocus.co.uk



Parent Network

In partnership with Families in Focus CIC



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We pride ourselves on sharing our knowledge with clarity, sensitivity & energy, mixed with an infectious sense of fun.

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Parent Network

in partnership with



Families In Focus CIC

Who runs Parent Network?

Francine and Lesley both have a wealth of experience working with families over the past 20 years. We are passionate about bringing parents together and we pride ourselves on being compassionate and respectful of parents. We recognise the uniqueness of every family and that we all have something of value to offer. Our involvement in education and counselling, and with special needs, has enabled us to develop our own, **award winning**, parenting programmes for parents of children with additional needs.



How does it work?

The parent network will offer emotional support, information and knowledge in structured, themed sessions such as Managing Challenging Behaviour, Managing Sibling Issues.

**See full list on the back cover.*

Each Parent Network will meet every 3 weeks during term time, a total of 12 sessions per year. The network sessions will be for 2.5 hours and will include daytime and evening sessions.

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Parent Network

Parent Network warmly welcomes parents of children with any kind of additional need or disability.

Parents can choose to attend as many or as few sessions as they wish in any of the Parent Network areas. Sign up at familiesinfocus.co.uk.

Parent Network is a fantastic opportunity to turn your life's experience into helpful skills for others

Where can I attend?

- ✓ Hemel Hempstead
- ✓ Watford
- ✓ Stevenage
- ✓ St Albans
- ✓ Toddington
- ✓ Biggleswade

VISIT familiesinfocus.co.uk FOR FURTHER DETAILS

We will train parent carers to become volunteer hosts and then facilitators to eventually take over the networks with support. Each Parent Network will be supported by a committee of parents, who may decide for example, to organise social events for the whole family.

What is a structured themed session?

As a new member you will be welcomed by the host at the start of the session, during which you will have the opportunity to:

- Catch up with fellow members over refreshments
- Learn through shared experiences
- Receive emotional support
- Meet new members and share knowledge
- Signposting to local services
- Follow set themes through
 - Discussions
 - Demonstrations
 - Handouts
 - Skill practices
- Gain knowledge and supported through tried and tested tips and strategies, developed through evidence based research

All members in the group are parents of children with additional needs.



“ Lesley and Francine's wealth of knowledge and experience is phenomenal ”

“ The chance to share experiences and ideas with other parents of children with additional needs, who truly understand what it is really like is invaluable ”

“ As a family we are talking about our lives now more openly and everyone is now so much happier ”