



Parent Network March 2022 Zoom Parent Network

Parent Network is open to ANY parent in the UK caring for a child with any Special Education Needs including those awaiting assessment or diagnosis.

If you would like to join us, email bookings@familiesinfocus.co.uk and we'll send you the Zoom codes

zoom with Francine and Lesley	Monday March 7th 7-9pm	Understanding sensory issues
Early Years zoom with Tracey and Georgie	Wednesday March 9th 9.30 - 11.30am	Early Years support in Herts & benefits and SEND <small>With The Money Advice Unit</small>
zoom with Siobhann	Monday March 14th 10am - 12pm	EHCP & school issues Q&A <small>With Helena Marks-Dwyer, Independent SEND consultant</small>
Teens 15+ zoom with Finola and Karen	Tuesday March 15th 7-9pm	Understanding PDA With Amanda Mcquire
zoom with Vicky and Sharon	Wednesday March 16th 9.30-11.30am	Let's pop the kettle on - SEND chat, giggles and a cuppa
zoom with Siobhann and Tracey	Thursday March 17th 10am - 12pm	Getting a successful EHCP review
zoom with Siobhann and Sharon	Thursday March 17th 7-9pm	Tried and tested tips and ideas for children with sensory issues

Parents who have attended previous sessions will receive a text invitation to join the virtual meetings



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Families In Focus CIC
LOOKING FORWARD TOGETHER

Sleep Solutions

A proven evidence-based and behavioural approach to help families get a better nights' sleep. Together, in small interactive groups this course will help parents to build knowledge and skills to restore healthy sleep.

"This course has made such a big difference to my confidence levels and I now know I can make the changes needed to help us all get a good night's sleep."

Email:

bookings@familiesinfocus.co.uk

Zoom course Friday mornings

9.30am to 11.30am

April 22nd 29th May 6th 13th 20th 27th



Families In Focus CIC
LOOKING FORWARD TOGETHER

Handling anger in your family

A proven evidence-based and CAN parent award course for parents of children under 11 years and living in Hertfordshire.

"I now have the right techniques for me and my children and the whole house has calmed down."

Email:

bookings@familiesinfocus.co.uk

Zoom course Wednesday evenings

6.30pm to 8.30pm

April 20th 27th 4th 11th 18th May 25th



Families In Focus CIC
LOOKING FORWARD TOGETHER

Handling anger in your child with Autism/ADHD

A proven evidence-based and CAN parent award course for parents of children under 11 years and living in Hertfordshire. Gain understanding of the triggers behind anger and bring emotional regulation to your family.

"I really enjoyed the way you work together to bring the course. It presented as professional, slick, well-paced, inclusive and knowledgeable. The recaps were good at reminding us of skills learnt, and giving us confidence to learn new topics. Both your knowledge and experiences brought solace, confidence and real life to the examples you gave, and the scenarios that we then worked through each week to help embed were relevant and realistic to me as a parent."

Email: bookings@familiesinfocus.co.uk

**Zoom course Thursday lunch & learn
12pm to 2pm**

April 21st 28th May 5th 12th 19th 26th



Families In Focus CIC
LOOKING FORWARD TOGETHER

A Complete Guide to Parenting Children with SEND

A proven evidence-based and award-winning 10 session course packed with tried and tested tools to increase understanding of Autism and ADHD and related conditions. Free for parents living in Hertfordshire whose children are under 11 years.

"This course has given me a sense of belonging and helped me understand my child."

Email: bookings@familiesinfocus.co.uk

Face to face group in North Watford

Tuesday mornings 10am to 12pm

April 19th 26th May 3rd 10th 17th 24th

June 7th 14th 21st 28th



Families In Focus CIC
LOOKING FORWARD TOGETHER

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6.30pm to 8.30pm

April 19th 26th May 3rd 10th 17th 24th

June 7th 14th 21st 28th

Summer 2022 courses

If you would like to join a course, please email bookings@familiesinfocus.co.uk with your name and the date and time of the course you would like to attend

<p>Handling anger in your family Parents living in Herts with primary aged children</p>	<p>zoom</p>	<p>Wednesday evenings 6.30-8.30pm April 20th / 27th May 4th / 11th / 18th / 25th</p>
<p>Handling anger in your family Parents living in Herts with primary aged children</p>	<p>Face to face St Albans venue TBC</p>	<p>Wednesday mornings 10am - 12pm June 8th / 15th / 22nd / 29th July 6th / 13th</p>
<p>Handling anger in your family Parents living in Herts with primary aged children</p>	<p>zoom</p>	<p>Monday mornings 9.30 - 11.30am June 6th / 13th / 20st / 27th July 4th / 11th</p>
<p>Complete guide to parenting children with SEND Parents living in Herts with children aged 2 - 11, including those awaiting diagnosis</p>	<p>Face to face 609 St Albans Rd, Watford, WD25 9JL</p>	<p>Tuesday mornings 10am - 12pm April 19th / 26th May 3rd / 10th / 17th / 24th June 7th / 14th / 21st / 28th</p>
<p>Complete guide to parenting children with SEND Parents living in Herts with children aged 2 - 11, including those awaiting diagnosis</p>	<p>zoom</p>	<p>Tuesday evenings 6.30 - 8.30pm April 19th / 26th May 3rd / 10th / 17th / 24th June 7th / 14th / 21st / 28th</p>
<p>Handling anger in your child with autism/ ADHD Parents living in Herts with primary aged children</p>	<p>zoom</p>	<p>Thursday mornings 9.30 - 11.30am June 9th / 16th / 23rd / 30th July 7th / 14th</p>
<p>Handling anger in your child with autism/ ADHD Parents living in Herts with primary aged children</p>	<p>zoom</p>	<p>Thursday lunch and learn 12 - 2pm April 21st / 28th May 5th / 12th / 19th / 26th</p>
<p>Handling anger in your child with autism/ ADHD Parents living in Herts with primary aged children</p>	<p>zoom</p>	<p>Wednesday evenings 6.30 - 8.30pm June 8th / 15th / 22nd / 29th July 6th / 13th</p>
<p>Sleep solutions for parents of children with autism/ ADHD Parents living in Herts with primary aged children</p>	<p>zoom</p>	<p>Friday mornings 9.30 - 11.30am April 22nd / 29th May 6th / 13th / 20th / 27th</p>