

**FREE**

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# Parent Network

## Parent Network support & information sessions for parents caring for children and young people with Autism, Pathological Demand Avoidance (PDA) & Anxiety

Danielle and Clare are trained **Families in Focus CIC** facilitators and are running **Parent Network support & information drop in** sessions in **Hemel Hempstead** for parents/adoptive parents and grandparents caring for children and young people with either a diagnosis or awaiting diagnosis of **Autism**, **PDA** and/or **Anxiety**.

Come and join other parents living in families similar to yours and receive emotional and practical support; share your experiences and knowledge gained along the way in a supportive and non-judgemental environment. Each session will also have 'Families in Focus Guide to...' learning topics:

### Where:

**Adeyfield  
Community Centre,  
The Queens  
Square, Hemel  
Hempstead  
HP2 4EW**

### When:

**Mondays  
9.30 am to 11.30am  
(dates opposite >>>>)**

### 2018 Dates: Mondays

<u>26th February</u>	Welcome & meet the team
<u>26th March</u>	Understanding Challenging Behaviours
<u>30th April</u>	Understanding Anxiety
<u>21st May</u>	Managing Anxiety
<u>18th June</u>	Empathy
<u>9th July</u>	Hilary PDA Society Talk – Sibling Issues
<u>24th September</u>	Working Successfully with Professionals
<u>22nd October</u>	The Expert Parent/Carer Toolkit
<u>19th November</u>	Independent SEND Advisor
<u>10th December</u>	Handling Conflict



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Families in Focus Parent Network also in Watford, St Albans, Stevenage, Houghton Regis & Biggleswade