

**FREE**



## Parent Network

Parent Network support & information drop in sessions for parents caring for children and young people with *any* additional needs, chronic health condition and/or disability

Lesley and Francine at Families in Focus will be running Hemel Hempstead Parent Network support & information *drop in* sessions for parents/adoptive parents/grandparents caring for children with any additional needs, learning/physical disabilities including Autism, ADHD, Down's Syndrome, Cerebral Palsy, PDA, Diabetes, Crohn's and Colitis etc.

For parents by parents so come and join others living in families similar to yours; share your experiences and knowledge gained along the way in a supportive and non-judgemental, warm and welcoming environment. Each session will also have 'Families in Focus Guide to...' learning topics:

### Where:

**South Hill Centre,  
Cemetery Hill,  
Hemel Hempstead  
HP1 1JF**

### When:

**Mondays  
9.30am to 11.30am**

### 2018 Dates

**December 3<sup>rd</sup>** Managing family stress

**January 14<sup>th</sup>** Sleep solution for getting children to sleep

**February 4<sup>th</sup>** Tips & techniques to becoming a Professional Parent

**March 4<sup>th</sup>** Helena Marks-Dwyer Independent SEND Advisor understanding school exclusions



Lottery funded Families in Focus Parent Network also in Watford,

St Albans, Stevenage & Biggleswade

Website: [www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk) Email: [info@familiesinfocus.co.uk](mailto:info@familiesinfocus.co.uk)

Join Families in Focus CIC on facebook

