

# Autumn Term Groups



All our programmes provide support, information and resources to parents/carers and adult family members so they can help their children reach their full potential. For more information, please contact Louise on 0204 522 8700/8701 or email [services@familylives.org.uk](mailto:services@familylives.org.uk)

## **Bringing Up Confident ADHD/ASD Children - 6 week group**

**Tuesday 12 September to 17 October 7.00pm – 9.00pm Online via MS Teams**

If your child has ADHD/ASD, or you think they might, join our online 6-week group where you will receive support from other parents and gain a comprehensive understanding of ADHD/ASD and learn strategies to improve life at home and at school.

## **Less Shouting, More Cooperation - 6 week group**

**Thursday 5 October to 16 November 7.00pm - 9.00pm Online via MS Teams**

Do you feel you are constantly nagging or shouting at your child to get what you need? Are you tired of losing your cool and want a calmer house? Join our free online 6-week group to learn how you can change the way you communicate with your child, respond better, and feel more in control.

## **Dads Together (face to face 6 week group)**

**Tuesday 7 November to 12 December 7.30pm – 9.30pm**

**Canary Club, Fishponds Road, Hitchin SG5 1NU**

Are you a dad who feels you are constantly nagging or shouting at your child to get what you need? Are you tired of losing your cool and want a calmer house? Join our free online 6-week group to learn how you can change the way you communicate with your child, respond better, and feel more in control.:

## **Sorting out Arguments in the Family - 6 week group**

**Wednesday 8 November to 13 December 9.30am - 11.30am Online via MS Teams**

Do you feel everything ends in an argument and you are constantly trying to keep the peace? Join our free online 6-week group to help improve family communication, reduce the reactions which lead to arguments and create a culture of teamwork in your family

## **Anxiety around ADHD workshop**

**Tuesday 7th November 9.30am - 11.30am Online via MS Teams**

This workshop helps parents/carers understand what ADHD is, why it makes sense for a child to be anxious if they have ADHD, strategies to help support you and your child, plus signposting to other support that is available.

## **Reducing Conflict workshop**

**Thursday 7th December 9.30am - 11.30am Online via MS Teams**

This workshop explores different types of conflict between couples and families. Provides support in understanding the causes and impact of parental and family conflict on children and gives practical steps and strategies.