



# Families in Focus CIC

## A Complete Guide to Parenting Children with SEND



Families in Focus award winning parenting course is facilitated by Francine & Lesley who are experienced and qualified trainers, one of whom has a son with Autism and challenging behaviour.

Topics included:

- ✓ **Gain greater understanding and answer the question, 'Why do they do that?'**
- ✓ **Learn a range of strategies & solutions, to better manage behaviours that challenge.**
- ✓ **Gain more understanding of anger triggers and strategies to manage angry meltdowns.**
- ✓ **Learn how to support siblings living with a sister/brother with additional needs/challenging behaviours.**
- ✓ **Learn communication techniques to reduce 'emotional traffic jams' and improve emotional wellbeing**
- ✓ **Techniques to manage stress, conflict and so much more....**

*"Knowing one of the facilitators has an older son with Autism and they both just get SEN made all the difference. We learned so much that changed our family for ever from understanding the triggers for some challenging behaviours to calming our children down when they were angry."*

Where:

**Sopwell and Verulam  
Children's Centre  
Mandeville Drive ,  
St Albans  
AL1 2LD.**

When:

**Wednesdays  
9.30am to 11.30am**

**November 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>**

**December 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>**

**January 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>**

**To book your free place on our award winning parenting course contact Francine & Lesley:**

**Book direct: [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) or**

**Book via website: [www@familiesinfocus.co.uk](http://www@familiesinfocus.co.uk)**



**Families In Focus CIC**

A Community Interest Company