

FREE  
until  
JAN 25



**Understanding the Teenage Brain**  
Watch this recorded session in your own time, to learn why our teens think, feel and behave very differently from adults and how we can support them.

Thursday  
5th Dec  
19:00 - 21:00  
£24



**Supporting a Child with ADHD**  
Challenging the stereotypes and giving practical interventions. Clear explanation of the condition in all its forms and extremely useful advice.

Tuesday  
17th Dec  
19:00 - 21:00  
£24



**Facing Defiance**  
Effective interventions for handling defiant behaviour. ADHD, ODD and PDA relevant as well as regular challenging behaviour. Introduction to the FACE programme - Facing Defiance - 6 week course

Tuesday  
7th Jan  
19:00 - 21:00  
£24



**Anxiety-Based School Avoidance**  
Understanding and supporting children who are anxious about school. Steps you can take to help them back into the classroom.

Thursday  
9 Jan  
19:00 - 21:00  
£24



**AUTISM:**  
**Improving Communication**  
Looking at how small changes in how we communicate with children on the spectrum can lead to big improvements.

# WINTER TIMETABLE

**Talks are delivered online via zoom 7pm to 9pm £24 each**

If you can't make the date ask for the link to the recording, available for 48 hours afterwards

**Book online at [facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)**

**go to the PARENT page**

<b>FREE - Decreasing Depression</b> <b>FREE - Anxiety Explained</b>	<b>25 NOV</b> <b>20 JAN</b>
What is ACT?	26 NOV, 21 JAN
Understanding Addictive Behaviour	28 NOV
Supporting a Child with ADHD	5 DEC, 2 JAN
Understanding Anger	16 DEC, 13 JAN
Facing Defiance	17 DEC, 14 JAN
Supporting Healthy Screen Use	19 DEC, 16 JAN
Anxiety-Based School Avoidance	7 JAN
AUTISM: Improving Communication	9 JAN
Raising Self-Esteem	27 JAN
Supporting Healthy Sleep	28 JAN
Improving Family Communication	4 FEB
Introduction to OCD	18 FEB