

Spring term workshops 2025



Anxiety around ADHD

Monday 10 February 7.00pm - 9.00pm

Sibling Rivalry

Thursday 14 February 9.30am - 11.30am

Empowering Parents

Tuesday 11 March 9.30am - 11.30am

Reducing Conflict

Tuesday 18 March 7.00pm - 9.00pm

It's a Dads Life

Thursday 20 March 7.00pm - 9.00pm

Navigating the storm - Parents of Teens

Tuesday 25 March 9.30am - 11.30am

For more information, you can scan our QR code to make a referral or call Louise on **0204 522 8700/8701** or email **services@familylives.org.uk**.



We build better family lives together

www.familylives.org.uk

@FamilyLivesHertsandBeds

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