

# Family Lives Spring Term Programme 2025

## Less Shouting, More Cooperation (6 weeks) Online group Wednesday 22 January 25 March 7.00pm to 9.00pm

A programme to help parents be more effective at getting their children to cooperate and listen to them

## Bringing Up Confident SEN Children (6 weeks) Online group Monday 3 February to N March 9.30am to 11.30am

A programme to help parents gain a comprehensive understanding of ADHD/ASD and learn strategies to improve life at home and at school

#### Sorting Out Arguments in your Family (6 weeks) Online group Wednesday 26 February to 2 April 9.30am to 11.30am

A programme aimed at helping sort out arguments between parents and their children and between brothers and sisters

### **Getting on with Your Pre Teen/Teenager (6 weeks) Online group** Thursday 27 February to 3 April 9.30am to 11.30am

A programme to help parents understand and get on better with their teenage children. Maybe there is an FFA/CIN/CP in place and need more support

#### Dads Together (6 weeks) Online group Wednesday 26 February to 2 April 7.00pm to 9.00pm

A programme to support dads in learning how to change the way you communicate with your child, respond better and feel more in control

For more information, please contact Louise on 0204 522 8700 or email services@familylives.org.uk.

Please scan our QR code for our referral form.



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