

LET'S FACE THE NEW YEAR!

Tuesday
16th Jan
19:00 - 20:00
FREE



FREE SESSION
Cannabis Awareness
Get the facts so you can have the
conversation

Thursday
1st Feb
19:00 - 21:00
£24



Supporting a Child with ADHD
Challenging stereotypes, explaining
what ADHD is and offering a range of
interventions that can make lasting
differences.

Monday
5th Feb
19:00 - 21:00
£24



**Autism: Improving
Communication**
Small changes in how you communicate,
lead to huge improvements with your
ability to communicate with someone on
the spectrum.

Tuesday
9th Jan
19:00 - 21:00
£24



Getting a Good Night
Screen Addiction, insomnia, energy
drinks and more. Get a range of
extremely useful ideas on how to
improve the quality of their sleep.