



January 2024

Newsletter

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
4th Jan
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
8th Jan
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 get quality sleep.

facefamilyadvice.co.uk

info@facefamilyadvice.co.uk

Supporting a Child with ADHD The extra session you asked for!



Challenge the stereotypes and get the facts with Jane Keyworth

Monday 18th December (7pm to 9pm) £24

Available to book now via the website

facefamilyadvice.co.uk