

**FACE** was set up to empower parents and help those who support children and young adults.



### contact us

[info@facefamilyadvice.co.uk](mailto:info@facefamilyadvice.co.uk)

**Take a look at our website  
and book online**



[facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)

With the stresses and strains of modern life, our children and young adults have never been under so much pressure. We aim to offer advice, tips and support to parents who want to get the best out of their family relationships and need new tools to do that.



### **Online Support for Parents interactive Teach & Workshop sessions (£12 each)**

Topics relating to communication, behaviour and emotional management. Offering a range of advice and practical interventions.



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[facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)

**Let's FACE** is a series of one hour teach and workshop sessions delivered online via ZOOM.



The interactive online sessions are timed to avoid school drop off and pick up times. Each session is repeated, morning, afternoon and evening.



**Let's FACE Communications**

Improving Speaking & Listening  
Running a Family Meeting  
Talking to Teens  
Introduction to Autism

**Let's FACE Emotions:**

Raising Self-Esteem  
Understanding Anger  
Understanding Anxiety  
Decreasing Depression

**Let's FACE Behaviour:**

Introduction to ADHD  
Increasing Motivation  
Responding to Angry behaviour  
Addictive Behaviour

The face of **FACE**

Jane Keyworth

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**Let's FACE** introduces parents to effective and evidence based interventions. Giving parents the tools and information necessary to support their own children.

Interventions are taken from the therapeutic models:

Motivational Interviewing (**MI**)

**ACT** (Acceptance & Commitment Therapy)

**CBT** (Cognitive Behavioural Therapy)

Transactional Analysis (TA)

B James said,

**"Jane gives no nonsense, straight talking parenting advice that really hits the crux of parenting. Her wealth of family and professional experience shines through..."**

See the website for more testimonials from parents who have benefitted from these sessions.

