

Monday
25th Nov

19:00 - 20:00
FREE



FREE SESSION

Decreasing Depression

A range of steps that can help to reduce the crippling impact of depression.

Thursday
7th Nov

19:00 - 21:00
£24



Supporting a Child with ADHD

Challenging the stereotypes and giving practical interventions. Clear explanation of the condition in all its forms and extremely useful advice.

Tuesday
12th Nov

19:00 - 21:00
£24



Anxiety-Based School Avoidance

Understanding and supporting children who are anxious about school. Steps you can take to help them back into the classroom.

Monday
18th Nov

19:00 - 21:00
£24



Understanding Anger: Yours and Theirs!

What is anger? Why do we have it? How do we manage it in ourselves and in our children?

Thursday
21st Nov

19:00 - 21:00
£24



Supporting Healthy Screen Use

Clarifying the difference between healthy screen use and unhealthy screen use. Addressing concerns about blue light and sedentary behaviour.