

# February 2025 Newsletter

FACE delivers online support via zoom for parents across the UK Talks are 90 minutes long, £24 each - Book Online at facefamilyadvice.co.uk

#### Thursday 20th Feb

19:00 - 20:00 FREE



#### FREE SESSION

#### Supporting Healthy Screen Use

A range of steps that can help minimise the harms from screens

#### Monday 3rd Feb

10:00 - 11:30

£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 11th Feb

19:00 - 20:30

£24



#### **Facing Defiance**

Specific strategy to help parents manage defiant and challenging behaviour, especially aimed at ADHD, ODD and PDA conditions, 5 to 12 years old.

### Tuesday 18th Feb

19:00 - 20:30

£24



# Cannabis & Ketamine Awareness

Get the facts and know the harms about these two drugs so you can hold an informed converstaion with your teens.

# Tuesday 25th Feb

19:00 - 20:30

£24



# Understanding the Teenage Brain

A 'must see' for all parents and teachers of teens and pre-teens. Explains why teens think, feel and behave very differently from adults and how we can support them.

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