

# Family Lives Autumn Term Programme 2024

**Bringing Up Confident ADHD/ASD Children (6 weeks) Online group**  
**Thursday 19th September to 24 October 7.00pm to 9.00pm OR**  
**Tuesday 8 October to 19 November 9.30am to 11.30am**

If your child has ADHD/ASD, or you think they might, join our free online group where you will receive support from other parents and gain a comprehensive understanding of ADHD/ASD and learn strategies to improve life at home and at school.

**Less Shouting, More Cooperation (6 weeks) Online group**  
**Monday 11 November to 16 December 9.30am to 11.30am**

Do you feel you are constantly nagging or shouting at your child to get what you need? Join our free online group to help you be more effective at getting your child to cooperate and listen to you.

**Dads Together**

**Wednesday 6 November to 11 December 7.00pm to 9.00pm**

Calling all Dads - join our free online group, come along and receive support from other dads to help you be more effective at getting your child to cooperate and listen to you.

**Anxiety around ADHD Online Workshop**

**Thursday 10 October 7-00pm to 9.00pm**

**Reducing Conflict Online Workshop**

**Tuesday 26 November 9.30am-11.30am**

**Sibling Rivalry Online Workshop**

**Thursday 12 December, 7.00pm to 9.00pm**



**SCAN ME!**

For more information, please contact Louise on **0204 522 8700/8701**, or email **services@familylives.org.uk**. Please scan our QR code for our referral form.