

Spring Timetable

all sessions delivered live online via zoom £24 each 90 minutes long
book online at facefamilyadvice.co.uk

Anxiety Explained	18 MAR 7pm
What is ACT?	20 Mar 7pm
Understanding the Teenage Brain	24 MAR 10am
Supporting Healthy Sleep	24 MAR 7pm
Decreasing Depression	25 MAR 10am
Raising Self-Esteem	25 MAR 7pm
AUTISM: Improving Communication	2 APR 10am
Supporting a Child with ADHD	3 APR 10am
Improving Family Communication	3 APR 7pm
Supporting Healthy Screen Use	7 APR 10am
Facing Defiance	7 APR 7pm
Anxiety-Based School Avoidance	8 APR 10AM
Understanding Anger	8 APR 7pm
Anxiety Explained	14 APR 10am
Cannabis & Ketamine Awareness	14 APR 7pm