

Summer Term Groups



All our programmes provide support, information and resources to parents/carers and adult family members so they can help their children reach their full potential. For more information, please contact Louise on 0204 522 8700/8701 or email services@familylives.org.uk

Bringing Up Confident ADHD/ASD Children (6 weeks) Online group

Wednesday 15 May to 26 June 7pm - 9pm

If your child has ADHD/ASD, or you think they might, join our online 6-week 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. Our programme covers:

- ADHD/ ASD - a whole-family issue
- Understanding your child's behaviour
- Helping your child manage their feelings and outbursts
- Balancing support of siblings
- Learning about structure and routines
- Supporting your child at school

Sorting Out Family Arguments (6 weeks) Online group

Thursday 16 May to 27 June 7pm - 9pm

Do you feel everything ends in an argument and you are constantly trying to keep the peace? Join our free online 6-week group to help improve family communication, reduce the reactions which lead to arguments and create a culture of teamwork in your family. Our programme covers:

- How parents and children can be affected by conflict
- Strategies in handling and resolving conflict and anger
- Parent's role when there is sibling rivalry and jealousy, fostering cooperation rather than competition
- Effective communication, implementing boundaries and how to negotiate

Less Shouting, More Cooperation (6 weeks) Online group

Monday 3 June to 8 July 9.30am to 11.30am

Do you feel you are constantly nagging or shouting at your child to get what you need? Are you tired of losing your cool and want a calmer house? Join our free online 6-week group to learn how you can change the way you communicate with your child, respond better, and feel more in control. Our programme covers:

- Exploring what helpful discipline is
- Recognising the triggers and responding more effectively
- Learning new parenting tools to challenge children's behaviour
- How to negotiate and implement effective boundaries and family agreements
- How to hold boundaries and gain co-operation

Getting on with Your Pre Teen/Teenager (6 weeks) Online group

Tuesday 4 June to 9 July 7pm - 9pm

Is your teen feeling anxious or isolated? Are you concerned about their mental health and struggling to get help? Maybe you have an FFA/CIN/CP in place and need more support. Join our free 6-week online group to learn how parents can best emotionally support their teen and feel confident and prepared for whatever challenges might arise. Our programme covers:

- Learn tools to help teenagers manage difficult emotions and become more emotionally resilient
- How to change parenting styles to meet the developmental needs of your teenager & remain effective
- How to talk to teens so they will talk to you and build strong relationships
- How to set effective boundaries to stop problem behaviour