

# Family Lives Spring Term Programme 2025

## **Less Shouting, More Cooperation (6 weeks) Online group**

**Wednesday 22 January to 5 March 7.00pm to 9.00pm**

A programme to help parents be more effective at getting their children to cooperate and listen to them

## **Bringing Up Confident SEN Children (6 weeks) Online group**

**Monday 3 February to 17 March 9.30am to 11.30am**

A programme to help parents gain a comprehensive understanding of ADHD/ASD and learn strategies to improve life at home and at school

## **Sorting Out Arguments in your Family (6 weeks) Online group**

**Wednesday 5 February to 19 March 9.30am to 11.30am**

A programme aimed at helping sort out arguments between parents and their children and between brothers and sisters

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

**Thursday 27 February to 3 April 9.30am to 11.30am**

A programme to help parents understand and get on better with their teenage children. Maybe there is an FFA/CIN/CP in place and need more support

## **Dads Together (6 weeks) Online group**

**Wednesday 26 February to 2 April 7.00pm to 9.00pm**

A programme to support dads in learning how to change the way you communicate with your child, respond better and feel more in control

For more information, please contact Louise on

**0204 522 8700** or email [services@familylives.org.uk](mailto:services@familylives.org.uk).

Please scan our QR code for our referral form.



Scan Me!