

# Family Lives Summer Term Programme 2025

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

**Thursday 15 May to 26 June 9.30am - 11.30am**

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.

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

**Wednesday 4 June to 9 July 7.00 pm - 9.00 pm**

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.

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

**Friday 6 June to 11 July, 9.30 am - 11.30 am**

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.

## Sorting Out Family Arguments (6 weeks) Online group

**Tuesday 10 June to 15 July 7.00pm - 9.00pm**

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.

## Anxiety around ADHD Online Workshop

**Tuesday 24 June 9.30am - 11.30am**

A workshop that helps parents understand ADHD and provides strategies to help support you and your child.

## Reducing Conflict Online Workshop

**Monday 16 June 7.00pm - 9.00pm**

A workshop that explores different types of conflict between couples and families.

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



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