

A Survival Guide for Parents



Stand Alone Sessions (mostly)

that run from 6:30 – 8:30 on Wednesday evenings.

£10 per person per two-hour session.

Online via ZOOM or in person

from the Serenitea café

50 Ashley Road, Poole, Dorset BH14 9BN

Topic	Date	
How to Speak so they Listen and Listen, so they Speak	08 th Sep 2021	08 th Dec 2021
How to Communicate with Teenagers	15 th Sep 2021	15 th Dec 2021
Raising Self Esteem	22 nd Sep 2021	12 th Jan 2022
Family meetings	29 th Sep 2021	19 th Jan 2022
Understanding Anxiety & Depression part One	06 th Oct 2021	26 th Jan 2022
Support with Anxiety & Depression part Two	13 th Oct 2021	02 nd Feb 2022
How to Speak so they Listen and Listen, so they Speak	20 th Oct 2021	09 th Feb 2022
Understanding Anger Part One	FREE 27th Oct 21	16 th Feb 2022
Understanding Anger Part Two	03 rd Nov 2021	23 rd Feb 2022
Introduction to Autism Part One	10 th Nov 2021	02 nd Mar 2022
Introduction to Autism Part Two	17 th Nov 2021	09 th Mar 2022
Introduction to ADHD	24 th Nov 2021	16 th Mar 2022
Addictive behaviour Awareness	01 st Dec 2021	23 rd Mar 2022

To book a place please contact:

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