

October Timetable

All sessions delivered live online via zoom. 90 minutes long

£24 each or FREE with School Membership

Book online at facefamilyadvice.co.uk

Recordings available for 48 hours (excluding Free Talk)

Understanding The Teenage Brain	6 Oct 10am
Supporting Healthy Sleep	6 Oct 7pm
Supporting A Child With ADHD	13 Oct 10am
Understanding Addictive Behaviour	13 Oct 7pm
Autism Improving Communication	14 Oct 10am
Improving Family Communication	14 Oct 7pm
Supporting Healthy Screen Use	20 Oct 10am
Facing Defiance	20 Oct 7pm
Anxiety Based School Avoidance	21 Oct 10am
Understanding Anger	21 Oct 7pm
FREE - Raising Self-Esteem	23 Oct 7-8pm
Anxiety Explained	27 Oct 10am
Cannabis and Ketamine Awareness	27 Oct 7pm
What Is ACT?	28 Oct 10am
Introduction To OCD	28 Oct 7pm