

January 2024

Newsletter

LET'S FACE THE NEW YEAR!

Tuesday

16th Jan

19:00 - 20:00

FREE



FREE SESSION

Cannabis Awareness

Get the facts so you can have the conversation

Thursday

4th Jan

19:00 - 21:00

£24



Supporting a Child with ADHD

Challenging stereotypes, explaining what ADHD is and offering a range of interventions that can make lasting differences.

Monday

8th Jan

19:00 - 21:00

£24



Autism: Improving Communication

Small changes in how you communicate, lead to huge improvements with your ability to communicate with someone on the spectrum.

Tuesday

9th Jan

19:00 - 21:00

£24



Getting a Good Night

Screen Addiction, insomnia, energy drinks and more. Get a range of extremely useful ideas on how to get quality sleep.