



November 2023

Newsletter

LET'S FACE SOME ISSUES!

Tuesday
27 Nov

18:30 - 20:30
£24



Understanding the Teenage Brain

Why they think, feel and behave very differently from adults

Tuesday
28th Nov

18:30 - 20:30
£24



What is ACT?

Acceptance & Commitment Therapy.
How it can help with anger, anxiety and neurodiversity

Thursday
30th Nov

19:00 - 21:00
£24



Understanding Addictive Behaviour

Screens, Gaming, Vaping and more

Thursday
23rd Nov

18:30 - 20:30
£24



Supporting a Child with ADHD

Interactive session explaining what ADHD is and offering a range of interventions that can make lasting differences.