

A Survival Guide for Parents



Stand Alone Sessions (mostly)

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

£10 per person per session

from the EDAS training room at

54a Ashley Road, Poole, Dorset BH14 9BN

Topic	Date	
How to Speak so they Listen and Listen, so they Speak	2 nd Oct 2019	15 th Jan 2020
How to Communicate with Teenagers	9 th Oct 2019	22 nd Jan 2020
Raising Self Esteem	16 th Oct 2019	29 th Jan 2020
Increasing Motivation	30 th Oct 2019	5 th Feb 2020
Understanding Anxiety	6 th Nov 2019	12 th Feb 2020
Support with Depression	13 th Nov 2019	19 th Feb 2020
Understanding Anger Part One	20 th Nov 2019	26 th Feb 2020
Understanding Anger Part Two	27 th Nov 2019	4 th March 2020
Introduction to Autism Part One	4 th Dec 2019	11 th March 2020
Introduction to Autism Part Two	11 th Dec 2019	18 th Mar 2020
Drug Awareness for Parents	18 th Dec 2019	25 th Mar 2020
Alcohol Awareness for Parents	8 th Jan 2020	1 st April 2020

To book a place please contact

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