FACE

# August 2026 Timetable

All regular 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**

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| School Anxiety | 3 Aug 10am |
| Anxiety Explained | 3 Aug 7pm |
| Facing Defiance | 4 Aug 10am |
| Cannabis & Ketamine Awareness | 4 Aug 7pm |
| Supporting Healthy Sleep | 10 Aug 10am |
| Raising Self-Esteem | 10 Aug 7pm |
| Introduction to OCD | 11 Aug 10am |
| Decreasing Depression | 11 Aug 7pm |
| What is ACT? | 17 Aug 10am |
| Improving Family Communication | 17 Aug 7pm |
| Supporting a Child with ADHD | 18 Aug 10am |
| Understanding Addictive Behaviour | 18 Aug 7pm |
| **FREE - Raising Self-Esteem** | 20 Aug 7-8pm |
| Understanding the Teenage Brain | 24 Aug 10am |
| Understanding Anger | 24 Aug 7pm |
| Autism: Improving Communication | 25 Aug 10am |
| Supporting Healthy Screen Use | 25 Aug 7pm |