FACE

September 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

Facing Defiance	1 Sep 10am
Cannabis & Ketamine Awareness	1 Sep 7pm
Supporting Healthy Sleep	7 Sep 10am
Raising Self-Esteem	7 Sep 7pm
Introduction to OCD	8 Sep 10am
Decreasing Depression	8 Sep 7pm
What is ACT?	14 Sep 10am
Improving Family Communication	14 Sep 7pm
Supporting a Child with ADHD	15 Sep 10am
Understanding Addictive Behaviour	15 Sep 7pm
Understanding the Teenage Brain	21 Sep 10am
Understanding Anger	21 Sep 7pm
Autism: Improving Communication	22 Sep 10am
Supporting Healthy Screen Use	22 Sep 7pm
FREE - Masking Awareness	**24 Sep 7-8pm**
Anxiety Explained	28 Sep 10am
School Anxiety	28 Sep 7pm