

Tuesday 9.30 – 11.30am

31 January, 7, 21 & 28 February & 7, 14, 21 & 28 March 2017

Bringing Up Confident Children Parenting Group for Parents of Children on the Autistic Spectrum and/or with ADHD

Hitchin Youth Trust, 111 Walsworth Road, Hitchin, SG4 9SP

Come and gain a new perspective on parenting your children by :

- Understanding your children's behaviour
- Helping your children manage their feelings
- Learning new strategies to address challenging behaviour
- Exploring helpful and unhelpful discipline strategies & how these can help make a difference in your family life



Contact Louise on 01163 666087 to book a place or for more information

This course is provided with funding from HCC Childhood Support Services

