



November Timetable

All 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 (excluding Free Talk)

Raising Self Esteem	3 Nov 10am
Decreasing Depression	3 Nov 7pm
Supporting Healthy Sleep	4 Nov 10am
Understanding the Teenage Brain	4 Nov 7pm
Improving Family Communication	10 Nov 10am
Autism - Improving Communication	10 Nov 7pm
Understanding Addictive Behaviour	11 Nov 10am
Supporting A Child with ADHD	11 Nov 7pm
FREE ADHD Kids & Homework	13 Nov 6-7pm
Understanding Anger	17 Nov 10am
Supporting Healthy Screen Use	17 Nov 7pm
Facing Defiance	18 Nov 10am
Anxiety Based School Avoidance	18 Nov 7pm
Cannabis and Ketamine Awareness	24 Nov 10am
Anxiety Explained	24 Nov 7pm