

Care for the Family Time Out for Parents Courses June & July 2019



YADT are delighted to be able to offer the Care for the Family Courses under our Behavioural Support Service. These courses are run by our behavioural team who have extensive experience working with families and young people with diverse needs.



Our courses are here to support you and to help you build a strong and secure relationship with your child, whatever their age. They include group discussions and practical tasks to help you build on your strengths and give you time and space to think about any changes you want to make.

- Care for the Family Website -

For more information and to book your place, please contact YADT at:

North Cray Neighbourhood Centre, 1 Davis Way, Sidcup, DA14 5JR

Tel: 020 8308 3862 / Facebook: @YADTBexley

Email: contact@YouthActionDiversityTrust.co.uk

Website: www.YouthActionDiversityTrust.co.uk

Registered Company No. 5905999 / Registered Charity No. 1118218

June & July 2019 Courses



Please note that all parenting Courses cost £50 per person or £80 per couple. Payment must be received at time of booking, which is non-refundable if cancelled less than 7 days prior to the course start date.

Time out for Parents: Handling Anger in the family

For: Everyone parenting children with ADHD aged 3 - 11 years.

When: Every Wednesday at 7pm to 9:30pm - 26th June to 17th July 2019

Four sessions to help you and your child understand, recognise and handle anger safely and healthily. The session titles:

- Managing our anger - part 1
- Managing our anger - part 2
- Helping children manage anger - part 1
- Helping children manage anger - part 2

Time out for Parents: Children with Special Needs: Autism

For: Everyone parenting children with Autism aged 3 - 11 years.

When: Every Thursday 10am to 12:30pm - 4th July to 18th July 2019

The three sessions will give you hope as you understand more about ASD, how it affects your child and how you can work with their unique personality and abilities. The sessions titles:

- Understanding Autism
- Understanding the triad of impairments
- Understanding and managing behaviours

Book now! Call us on 020 8308 3862 or email us today at contact@YouthActionDiversityTrust.co.uk for more information and to book your place!



Behavioural Support Services

YADT also provide support for young people and adults as part of our wider Behavioural Support Service. We can help with managing anger, social anxiety issues, dealing with stress and improving confidence.

For more information about these services please email us at: contact@YouthActionDiversityTrust.co.uk