



January 2024

# Newsletter

## LET'S FACE THE NEW YEAR!

Tuesday  
16th Jan  
19:00 - 20:00  
FREE



### FREE SESSION

#### Cannabis Awareness

Get the facts so you can have the conversation

Thursday  
4th Jan  
19:00 - 21:00  
£24



### Supporting a Child with ADHD

Challenging stereotypes, explaining what ADHD is and offering a range of interventions that can make lasting differences.

Monday  
8th Jan  
19:00 - 21:00  
£24



### Autism: Improving Communication

Small changes in how you communicate, lead to huge improvements with your ability to communicate with someone on the spectrum.

Tuesday  
9th Jan  
19:00 - 21:00  
£24



### Getting a Good Night

Screen Addiction, insomnia, energy drinks and more. Get a range of extremely useful ideas on how to get quality sleep.