

## **Time Out for Parents Children with ADHD**

Life with a child with ADHD can be frustrating and overwhelming. These three sessions will help you meet the daily challenges and channel your child's energy into positive areas. You'll understand more about ADHD and the reasons behind your child's behaviour. Using practical and proven strategies, you'll look at key ways of boosting your relationship with your child, raising their self-esteem and using effective ways of discipline.

Every Thursday, 10am-12:30pm

7<sup>th</sup> March – 21<sup>st</sup> March 2019

£50pp or £80 per couple

North Cray Neighbourhood Centre, DA14 5JR

02083083862

[contact@YouthActionDiversityTrust.co.uk](mailto:contact@YouthActionDiversityTrust.co.uk)

## **Time out for Parents Children with Autism**

What is autism and what causes it? 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. You'll learn about possible interventions and therapies and helping your child to live with sensory processing differences. You'll explore the triad of impairment and how you can help your child with issues of communication, imagination and social interaction. There's advice on how to handle special interests or repetitive behaviour that can dominate your child's life. As well as guidance on oppositional behaviour using practical strategies and ideas on how to handle 'melt downs'.

Every Wednesday, 7.30pm-9pm

6<sup>th</sup> March – 20<sup>th</sup> March 2019

£50pp or £80 per couple

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## **Time Out for Parents Handling Anger in the Family**

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

Anger can threaten family life. Heated words, unresolved arguments, fights and an uneasy home atmosphere can cause families to lose trust in each other and drift apart.

The first two sessions will help you understand anger as a natural emotion and how you can handle this safely using practical strategies and the idea of an anger river. The final two sessions look at equipping you to help your child understand how anger affects them, how to recognise when they enter the anger river and practical and tested ways of handling anger safely and healthily.

Every Tuesday, 7pm – 9.30pm

26<sup>th</sup> February – 19<sup>th</sup> March 2019

£50pp or £80 per couple

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## **One to One Behavioural Support**

The one-to-one support service gives young people the freedom and safety to explore issues that affect them on a more personal level.

After an initial assessment is made, weekly sessions will be booked with the young person to support them with their issues and/or concerns. These can include communication skills, confidence and self-esteem, anger management, behaviour awareness, resolving problems and stress management. We charge £40 per session for this behavioural support and all our meetings take place at the North Cray Neighbourhood Centre which is neutral ground for most.

This is for young people aged 8 to 16 years.

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