



because

FAMILY MATTERS

life

Time out for parents courses

£25

JUNE/JULY

ADHD

Big energy turns to big emotions all too quickly!
Explore strategies to help your child thrive with ADHD and feel more confident too.

ASD

Every child is unique — as is parenting a child with autism. Support your child with calm, confidence and connection.

Handling Anger in the Family

When calm turns to chaos, connection matters most. Big feelings can overwhelm the whole family — handle anger with calm, connection, and confidence.

The Teenage Years

From "I love you" to "Whatever" in 0.2 seconds!
Navigate the rollercoaster of the teen years with calm, connection, and confidence.

AUGUST

Primary Years with free Kids Club 0-11 yrs

From cuddles to eye-rolls in a flash!
Tackle the ups and downs of parenting 5-11s with confidence and calm.

SEPTEMBER

Dads

From hero to "so embarrassing" overnight!
Build strong bonds, tackle challenges, and parent with confidence.

ADHD

Big energy turns to big emotions all too quickly!
Explore strategies to help your child thrive with ADHD and feel more confident too.

ASD

Every child is unique — as is parenting a child with autism. Support your child with calm, confidence and connection.



OCTOBER

ASD

Every child is unique — as is parenting a child with autism. Support your child with calm, confidence and connection.

Handling Anger in the Family

When calm turns to chaos, connection matters most. Handle anger with confidence and build a more peaceful family dynamic.

Primary Years

From cuddles to eye-rolls in a flash!
Tackle the ups and downs of parenting 5-11s with confidence and calm.

NOVEMBER

The Teenage Years

From "I love you" to "Whatever" in 0.2 seconds!
Navigate the rollercoaster of the teen years with calm, connection, and confidence.

Handling Anger in the Family

When calm turns to chaos, connection matters most. Big feelings can overwhelm the whole family — handle anger with calm, connection, and confidence.

Early Years (0-4yrs) with free Day Tots Club

Big futures begin in the early years. Build strong bonds, boost early learning and feel confident in your parenting.



Scan the QR code to see course dates, times and full details and to book your place online

**Need more info?
Contact our office -
we're happy to help**

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