



A Survival Guide for Parents



Stand Alone Sessions (mostly)

that run from 6:30 – 8:30 on Wednesday evenings

£10 per person per session

Online or in person

from the EDAS training room at

54a Ashley Road, Poole, Dorset BH14 9BN

Topic	Date	
How to Speak so they Listen and Listen, so they Speak	14 th April 2021	21 st July 2021
How to Communicate with Teenagers	21 st April 2021	8 th Sep 2021
Raising Self Esteem	28 th April 2021	15 th Sep 2021
Family meetings	05 th May 2021	22 nd Sep 2021
Understanding Anxiety & Depression part One	12 th May 2021	29 th Sep 2021
Support with Anxiety & Depression part Two	19 th May 2021	6 th oct 2021
How to Speak so they Listen and Listen, so they Speak	26 th May 2021	13 th Oct 2021
Understanding Anger Part One	09 th June 2021	20 th Oct 2021
Understanding Anger Part Two	16 th June 2021	27 th Oct 2021
Introduction to Autism Part One	23 rd June 2021	3 rd Nov 2021
Introduction to Autism Part Two	30 th June 2021	10 th Nov 2021
Introduction to ADHD	7 th July 2021	17 th Nov 2021
Addictive behaviour Awareness	14 th July 2021	24 th Nov 2021

To book a place please contact

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