

If you can't make the date or time  
all paid for talks are recorded and available for 48 hours afterwards

Monday  
25th Nov

19:00 - 20:00

FREE



## FREE SESSION

### Decreasing Depression

A range of steps that can help to reduce the crippling impact of depression.

Thursday  
7th Nov

19:00 - 21:00

£24



### Supporting a Child with ADHD

Challenging the stereotypes and giving practical interventions. Clear explanation of the condition in all its forms and extremely useful advice.

Tuesday  
12th Nov

19:00 - 21:00

£24



### Anxiety-Based School Avoidance

Understanding and supporting children who are anxious about school. Steps you can take to help them back into the classroom.

Monday  
18th Nov

19:00 - 21:00

£24



### Understanding Anger: Yours and Theirs!

What is anger? Why do we have it? How do we manage it in ourselves and in our children?

Thursday  
21st Nov

19:00 - 21:00

£24



### Supporting Healthy Screen Use

Clarifying the difference between healthy screen use and unhealthy screen use. Addressing concerns about blue light and sedentary behaviour.