



November 2023

Newsletter

LET'S FACE SOME ISSUES!

Tuesday
21st Nov
18:30 - 19:30
FREE



FREE SESSION

Decreasing Depression

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

Tuesday
28th Nov
18:30 - 20:30
£24



What is ACT?

Acceptance & Commitment Therapy.
How it can help with anger, anxiety
and neurodiversity

Monday
13th Nov
18:30 - 20:30
£24



Autism: Improving Communication

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

Thursday
23rd Nov
18:30 - 20:30
£24



Supporting a Child with ADHD

Interactive session explaining what ADHD
is and offering a range of interventions
that can make lasting differences.