

# SUMMER TIMETABLE

Talks are delivered online via zoom 7pm to 9pm £24 each  
Book online at [facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)

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|--|--------------------------------|
| <b>FREE - Cannabis &amp; Ketamine Awareness</b><br><b>FREE - Supporting kids with School Anxiety</b> | <b>30 JUL</b><br><b>26 SEP</b> |
| Understanding Addictive Behaviour  | 11 JUL, 8 AUG, 5 SEP           |
| Understanding the Teenage Brain  | 15 JUL                         |
| Raising Self-Esteem  | 16 JUL                         |
| Supporting a Child with ADHD   | 18 JUL, 15 AUG, 24 SEP         |
| Anxiety Explained  | 25 JUL, 22 AUG                 |
| Understanding Anger  | 29 JUL, 26 AUG, 23 SEP         |
| Introduction to OCD  | 6 AUG                          |
| Improving Family Communication   | 12 AUG                         |
| Autism: Improving Communication  | 8 JUL, 5 AUG, 2 SEP            |
| What is ACT?   | 9 JUL, 3 SEP                   |
| Decreasing Depression  | 23 JUL                         |
| Supporting Healthy Sleep   | 20 AUG                         |
| Today's Teens & Drugs  | 27 AUG                         |