

Youth Action Diversity Trust presents



## Care for the Family Time Out for Parents Courses January to March 2018

YADT are delighted to be able to offer the Care for the Family Courses under our Life Skills Programme. These courses are run by our behavioural team who have extensive experience working with families and young people with diverse needs. Courses MUST be booked in advance!



*We know that being a parent can be both rewarding and challenging. Our courses are here to support you and to help you build a strong and secure relationship with your child, whatever their age. They include group discussions and practical tasks to help you build on your strengths and give you time and space to think about any changes you want to make.*

- Care for the Family Website -

### **For more information and to book your place, please contact:**

North Cray Neighbourhood Centre  
1 Davis Way Sidcup DA14 5JR  
020 8308 3862

Email: [yadt@sky.com](mailto:yadt@sky.com) / Facebook: @YADTBexley  
Website: [www.YouthActionDiversityTrust.co.uk](http://www.YouthActionDiversityTrust.co.uk)



Registered Company No. 5905999 / Registered Charity No. 1118218

## January to March 2018 Courses

### Time out for Parents: Teenage Years

For everyone parenting young people aged 11 - 19 years.

**When:** Every Tuesday 7pm to 9pm - 16th January to 27th February 2018



### Time out for Parents: Primary Years

For everyone parenting young people aged 5 - 11 years.

**When:** Every Wednesday 10am to 12noon - 17th January to 21st February 2018

### Time out for Parents: Children with Special Needs

For everyone parenting children with special needs aged 3 - 11 years.

**When:** Every Thursday 10am to 12noon - 18th January to 1st March 2018

### Time out for Parents: Children with Special Needs - ADHD

For everyone parenting children with ADHD aged 3 - 11 years.

**When:** Every Tuesday 7pm to 9pm - 6th March to 20th March 2018

### Time out for Parents: Handling Anger in the Family

For everyone parenting children aged 5 - 16 years.

**When:** Every Wednesday 10am to 12noon - 28th February to 21st March 2018



### Time out for Parents: Children with Special Needs - ASD

For everyone parenting children with Autism aged 3 - 11 years.

**When:** Every Thursday 10am to 12noon - 8th March to 22nd March 2018

**Book now! Call us on 020 8308 3862 or email us at [yadt@sky.com](mailto:yadt@sky.com) to book your place today**

## For Your Information:

All Parenting Courses cost £50 and payment must be received at time of booking, which is non-refundable. To be able to attend any of these workshops you need to be a YADT member. Don't worry membership is completely FREE! We just require you to fill out a membership form if you have not done so previously. This allows us to be aware of any medical conditions such as allergies or dietary requirements and means we can contact you about future activities.