

December Timetable

All regular sessions delivered live online via Zoom. 90 minutes long

£24 each or FREE with School Membership

Book online at facefamilyadvice.co.uk

Recordings available for 48 hours

Raising Self-Esteem	30 Nov 10am
Introduction to OCD	30 Nov 7pm
Understanding Addictive Behaviour	7 Dec 10am
Supporting a Child with ADHD	7 Dec 7pm
Improving Family Communication	8 Dec 10am
What is ACT?	8 Dec 7pm
Supporting Healthy Screen Use	14 Dec 10am
Autism: Improving Communication	14 Dec7pm
Understanding Anger	15 Dec 10am
Understanding the Teenage Brain	15 Dec 7pm

FACE is having a facelift!

From January 2027, we're making FACE even better!

Look forward to **more topics,** more **free sessions on our YouTube channel,** and **24/7 access to recordings** of our parent talks for families with a FACE School Membership.

More choice, more flexibility, more support – whenever you need it!