



# August Timetable

All sessions delivered live online via zoom £24 each  
or **FREE** with School Membership - 90 minutes long

Book online at [facefamilyadvice.co.uk](https://facefamilyadvice.co.uk) Recordings available for 48 hours

Anxiety Explained	4th 10am
Cannabis & Ketamine Awareness	4th 7pm
What is ACT?	5th 10am
Introduction to OCD	5th 7pm
Raising Self Esteem	11th 10am
Decreasing Depression	11th 7pm
Supporting Healthy Sleep	12th 10am
Understanding the Teenage Brain	12th 7pm
Improving Family Communication	18th 10am
Autism: Improving Communication	18th 7pm
Understanding Addictive Behaviour	19th 10am
Supporting a Child with ADHD	19th 7pm
Understanding Anger	25th 10am
Supporting Healthy Screen Use	25th 7pm
Facing Defiance	26th 10am