



FACE

FEBRUARY 2026 Timetable

All 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 (excluding Free Talk)

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|----------------------------------------------|--------------|
| Autism - Improving Communication | 2 Feb 10am |
| Improving Family Communication | 2 Feb 7pm |
| Supporting A Child with ADHD | 3 Feb 10am |
| Understanding Addictive Behaviour | 3 Feb 7pm |
| Anxiety Based School Avoidance | 9 Feb 10am |
| Anxiety Explained | 16 Feb 10am |
| Cannabis and Ketamine Awareness | 16 Feb 7pm |
| What is ACT? | 17 Feb 10am |
| Introduction to OCD | 17 Feb 7pm |
| FREE - Reducing the Harm from Screens | 19 Feb 7-8pm |
| Understanding the Teenage Brain | 23 Feb 10am |
| Raising Self-Esteem | 23 Feb 7pm |
| Decreasing Depression | 24 Feb 10am |
| Supporting Healthy Sleep | 24 Feb 7pm |
| Understanding Anger | 9 Mar 7pm |
| Facing Defiance | 10 Mar 7pm |