

The "A" Group

A support group to support parents who have children with additional needs

If you are a parent or carer of a child with

- Autism
- ADHD
- Any other additional need

Come along to a parent support group to meet other parents who may be experiencing the same challenges as you. These challenges may be linked to understanding behaviour, achieving harmony in the home or "battling" through the paperwork, procedures and meetings about your child.

Many parents feel isolated, confused, embarrassed and exhausted. This group is for you to share good practise, help each other and to know there are other parents on the playground probably feeling the same way. This gives you the chance to unwind, take a few minutes for yourself, have someone make you a drink.

Netley Abbey Junior School 9.00 – 10.30 am

Friday 16th September

Friday 14th October

Friday 18th November

Friday 9th December

Friday 13th January 2017 – Sleep workshop

Friday 10th February

Friday 10th March

Friday 7th April

Friday 12th May

Friday 16th June

Friday 14th July

Look out for monthly themes and speakers in the school newsletter.