

Groups and workshops **coram** **family lives**

Autumn 2026

Bringing Up Confident ADHD/ASD Children (6 weeks) Online group

Monday 5th October to 16th November, 7pm to 9pm OR
Friday 6th November to 11th December, 9.30am to 11.30am

If your child has ADHD/ASD, or you think they might, join our online 6-week group where you will receive support from other parents and gain a comprehensive understanding of ADHD/ASD and learn strategies to improve life at home and at school.

Less Shouting, More Cooperation (6 weeks) Online group

Tuesday 6th October to 17th November, 9.30am to 11.30am

Do you feel you are constantly nagging or shouting at your child to get what you need? Are you tired of losing your cool and want a calmer house? Join our free online 6-week group to learn how you can change the way you communicate with your child, respond better, and feel more in control.

Dads Together (6 weeks) Online group

Wednesday 4th November to 9th December, 7pm to 9pm

Are you a dad who feels you are constantly nagging or shouting at your child to get what you need? Are you tired of losing your cool and want a calmer house? Join our free online 6-week group to learn how you can change the way you communicate with your child, respond better, and feel more in control.

Anxiety around ADHD Online Workshop

Wednesday 21 October 9.30am to 11.30am

Sibling Rivalry Online Workshop

Monday 9 November 9.30am to 11.30am

Reducing Conflict Online Workshop

Wednesday 25 November 7pm to 9pm

It's a Dad's Life Online Workshop

Thursday 26 November 7pm to 9pm

Navigating the Storm (Teens) Online Workshop

Wednesday 2 December 9.30am to 11.30am

For more info, please contact **Louise** on **0204 522 8700/8701** or email **services@coramfamilylives.org.uk** or scan the QR code for our online form.

All our programmes provide support, information and resources to parents, carers and adult family members in Hertfordshire so they can help their children reach their full potential.



We build better family lives together

www.coramfamilylives.org.uk  **@coramfamilyliveshertsandbeds**

Funded by
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