

ASD Family Help

Registered Charity No. 1135718

Family Matters

FREE 6 weeks training course starting May 2016

Skills to help with relationships & financial understanding for families affected by Autism

Venue:

'Our House'
Building for the future,
Toutley Road, Emmbrook,
Wokingham,
RG41 1QN



Session	Date	Time	Course Content
1	Friday 20 th May	9.30am-11.30am	Welcome & Introduction Effective Communication, Good & Bad Listening Language & Relationships
2	Friday 27 th May	9.30am-11.30am	Rational Needs, Behaviour, Anger & Conflict
3	Friday 10 th June	9.30am-11.30am	Forgiveness & Cycle of Relationships
4	Friday 17 th June	9.30am-11.30am	Good & Bad Money Management PLUS Banking, Budgeting & Debt
5	Friday 24 th June	9.30am-11.30am	Savings & Benefits
6	Friday 1 st July	9.30am-11.30am	Certification, Evaluation & Feed Back

All 6 sessions need to be attended to complete the course

To book on this course please email: jayne@asdfamilyhelp.org or text/phone: 07733 601755