

ASD Family Help

Registered Charity No. 1135718

Family Matters

FREE 6 weeks training course starting September 2017

Skills to help with relationships, financial understanding & to improve mental wellbeing for families affected by Autism

Venue:

Wokingham Fire Station (next to Ritz Bingo Hall)
11 Easthampstead Road
Wokingham
RG40 2EH



Session	Date	Time	Course Content
1	Friday 29 th Sept	9.45am-11.45am	Welcome & Introduction. Organisation, Effective Communication, Good & Bad Listening. Solution focused approach.
2	Friday 6 th Oct	9.45am-11.45am	Rational Needs, Behaviour, Anger & Conflict
3	Friday 13 th Oct	9.45am-11.45am	Forgiveness & Relationships
4	Friday 20 th Oct	9.45am-11.45am	Good & Bad Money Management PLUS Banking, Budgeting, Debt, Savings and Benefits
5	Friday 3 rd Nov	9.45am-11.45am	Improving your Mental Wellbeing
6	Friday 10 th Nov	9.45am-11.45am	Certificates, Evaluation & Feed Back

All 6 sessions need to be attended to complete the course
Refreshments available

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