

# Additional Support Courses for Parents

Three new courses offered by Face, separate from the school membership.

Full access to all three courses for £6.99/month

Complete at your own pace, cancel anytime.



## Building Emotional Resilience

Work through six stages of directed exercises to help your child (and yourself) improve emotional resilience.



## Facing Defiance

A specific strategy aimed at supporting parents of children aged 5 to 12 with ADHD, ODD or just very challenging behaviour.



## You & Your Teen

A skills building course for one parent and one teen (12 years old and above) to learn how they can both improve their communication with each other.

[www.facefamilyadvice.co.uk](http://www.facefamilyadvice.co.uk)

**Online Courses for Parents** page

[info@facefamilyadvice.co.uk](mailto:info@facefamilyadvice.co.uk)

