



# Autumn Programme 2010

## **Individual Sessions**

Available throughout the year

## **Consultations for parents**

Before an individual session with a child or for parents who are seeking advice and practical strategies for managing behaviour, anxieties or other challenges with their children.

## **Open Sessions**

Held on 1<sup>st</sup> Monday of month - please notify of intention to attend.

## **3 Steps to Confidence**

Wed 11th Aug & Thurs 12th Aug 10.30-12.30 £50

## **The 3 R's**

Monday 30th August 2010 £25

## **Masterful Parenting**

Mon 27th Sep, Mon 4th Oct, Mon 11 Oct £75

## **Mind Matters – For Teenagers preparing for Exams**

Dates by arrangements – see course details

## **Calm Minds**

Monday 29th November 6.30pm-8.30pm £25