

August 2026 Timetable

All regular sessions delivered live online via zoom, 90 minutes long

£24 each or FREE with School Membership

Book online at facefamilyadvice.co.uk

Recordings available for 48 hours

School Anxiety	3 Aug 10am
Anxiety Explained	3 Aug 7pm
Facing Defiance	4 Aug 10am
Cannabis & Ketamine Awareness	4 Aug 7pm
Supporting Healthy Sleep	10 Aug 10am
Raising Self-Esteem	10 Aug 7pm
Introduction to OCD	11 Aug 10am
Decreasing Depression	11 Aug 7pm
What is ACT?	17 Aug 10am
Improving Family Communication	17 Aug 7pm
Supporting a Child with ADHD	18 Aug 10am
Understanding Addictive Behaviour	18 Aug 7pm
FREE - Raising Self-Esteem	20 Aug 7-8pm
Understanding the Teenage Brain	24 Aug 10am
Understanding Anger	24 Aug 7pm
Autism: Improving Communication	25 Aug 10am
Supporting Healthy Screen Use	25 Aug 7pm