

March 2026

Dear Parent/Carer,

Are you worried about your child? FACE offers parents practical advice, information and support across a wide range of topics. The topics include:

- Improving family communication
- Autism - improving communication
- Understanding addictive behaviour
- Supporting a child with ADHD
- Anxiety based school avoidance
- Understanding anger
- Supporting healthy screen use
- Facing defiance
- Cannabis and Ketamine awareness
- Anxiety explained
- Introduction to OCD
- What is ACT
- Raising self esteem
- Decreasing depression
- Supporting healthy sleep
- Understanding the teenage brain

Please find below the timetable for March. Times rotate each month between 10am and 7pm to help make them accessible.

We will publish each month a new schedule.

For further details, please visit [facefamilyadvice.co.uk](http://facefamilyadvice.co.uk).

Parents and staff from our school are entitled to unlimited access to all regular FACE Parent Talks. These sessions are provided free of charge to our school community, although they usually cost £24 per session.

To book a place on any course, please email [info@sdcc-smhc.net](mailto:info@sdcc-smhc.net) with the titles of the sessions you wish to attend and an email that we will send the link to, and we will arrange your booking.

Kind regards,



Anita Frier  
Headteacher

Anita Frier, Headteacher

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## March 2026 Timetable

All sessions delivered live online via zoom, 90 minutes long

**£24 each or FREE with School Membership**

Book online at [facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)

Recordings available for 48 hours (excluding Free Talk)

Improving Family Communication	2 Mar 10am
Autism - Improving Communication	2 Mar 7pm
Understanding Addictive Behaviour	3 Mar 10am
Supporting a Child with ADHD	3 Mar 7pm
Anxiety Based School Avoidance	9 Mar 10am
Understanding Anger	9 Mar 7pm
Supporting Healthy Screen Use	10 Mar 10am
Facing Defiance	10 Mar 7pm
Cannabis and Ketamine Awareness	16 Mar 10am
Anxiety Explained	16 Mar 7pm
Introduction to OCD	17 Mar 10am
What is ACT	17 Mar 7pm
Raising Self-Esteem	23 Mar 10am
Decreasing Depression	23 Mar 7pm
Supporting Healthy Sleep	24 Mar 10am
Understanding the Teenage Brain	24 Mar 7pm
<b>FREE Anxiety Based School Avoidance</b>	26 Mar 7-8pm