

# June 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](http://facefamilyadvice.co.uk)

**Recordings available for 48 hours**

Understanding Anger	1 June 10am
School Anxiety	1 June 7pm
Facing Defiance	2 June 10am
Supporting Healthy Screen Use	2 June 7pm
Anxiety Explained	8 June 10am
Cannabis & Ketamine Awareness	8 June 7pm
Introduction to OCD	9 June 10am
What is ACT?	9 June 7pm
Decreasing Depression	15 June 10am
Raising Self-Esteem	15 June 7pm
Understanding the Teenage Brain	16 June 10am
Supporting Healthy Sleep	16 June 7pm
Improving Family Communication	22 June 10am
Autism-Improving Communication	22 June 7pm
Supporting a Child with ADHD	23 June 10am
Understanding Addictive Behaviour	23 June 7pm
ADHD and Homework	25 June 7-8pm