

# 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](https://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   |
| <b>FREE - Raising Self-Esteem</b> | 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   |