

# Community News – 24 May 2024

**HALF TERM FAMILY FUN!**



**CINEMA**

**SUN 2 JUN**



Hoglets theatre presents  
**The BADGER and the COINS**

**FAMILY THEATRE**



**WORKSHOPS**

**THU 30 MAY**

A beautiful and hilarious new play for primary aged children.  
www.hoglets.org.uk

**helmsleyarts.co.uk | 01439 771700**



# SUMMER TIMETABLE

Talks are delivered online via zoom 7pm to 9pm £24 each

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

<b>FREE - Supporting Healthy Sleep</b> <b>FREE - Cannabis &amp; Ketamine Awareness</b>	<b>27 JUN</b> <b>30 JUL</b>
Understanding Addictive Behaviour	16 MAY, 11 JUL, 8 AUG
Understanding the Teenage Brain	20 MAY, 15 JUL
Raising Self-Esteem	21 MAY, 16 JUL
Supporting a Child with ADHD	23 MAY, 20 JUN, 18 JUL, 15 AUG
Anxiety Explained	30 MAY, 25 JUL, 22 AUG
Understanding Anger	3 JUN, 29 JUL, 26 AUG
Introduction to OCD	11 JUN, 6 AUG
Improving Family Communication	17 JUN, 12 AUG
Autism: Improving Communication	8 JUL, 5 AUG
What is ACT?	9 JUL
Decreasing Depression	23 JUL
Supporting Healthy Sleep	20 AUG
Today's Teens & Drugs	27 AUG

[facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)

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