

FACE was set up to empower parents and help those who support children and young adults.



contact us

info@facefamilyadvice.co.uk

**Take a look at our website
and book online**

www.facefamilyadvice.co.uk



With the stresses and strains of modern life, our children and young adults have never been under so much pressure. We aim to offer advice, tips and support to parents who want to get the best out of their family relationships and need new tools to do that.



£12 per session

Affordable online Parenting support

Topics relating to communication, behaviour and emotional management. Offering a range of advice and practical interventions,

Empowering parents

to bring peace and harmony to their family life.

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Let's FACE is a series of one hour teach and workshop sessions delivered online via ZOOM.



The interactive online sessions are timed to avoid school drop off and pick up times. Each session is repeated, morning, afternoon and evening.



Let's FACE Communications

Improving Speaking & Listening
Running a Family Meeting
Talking to Teens
Introduction to Autism

Let's FACE Emotions:

Raising Self-Esteem
Understanding Anger
Understanding Anxiety
Decreasing Depression

Let's FACE Behaviour:

Introduction to ADHD
Increasing Motivation
Responding to Angry behaviour
Addictive Behaviour

The face of **FACE**

Jane Keyworth

contact me

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Let's FACE introduces parents to effective and evidence based interventions. Giving parents the tools and information necessary to support their own children.

Interventions are taken from the therapeutic models:

Motivational Interviewing (**MI**)

ACT (Acceptance & Commitment Therapy)

CBT (Cognitive Behavioural Therapy)

Transactional Analysis (TA)

B James said,

"Jane gives no nonsense, straight talking parenting advice that really hits the crux of parenting. Her wealth of family and professional experience shines through..."

See the website for more testimonials from parents who have benefitted from these sessions.