

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**



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.



Online Support for Parents, Schools & Professionals

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



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facefamilyadvice.co.uk

FACE supports in a range of ways:
group online sessions
one to one online sessions
videos available to rent
in-person talks at schools



Available Topics:

DIY DADS 3 part programme

Let's FACE Communication

Understanding the Teenage Brain
Running a Family Meeting
Autism: Improving Communication
What is ACT?

Let's FACE Emotions:

Raising Self-Esteem
Understanding Anger
Anxiety Explained
Decreasing Depression

Let's FACE Behaviour:

Supporting a child with ADHD
Getting a Good Night
Understanding Addictive Behaviour
Cannabis Awareness



The face of **FACE**

Jane Keyworth

contact me

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



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.