

Parent & Carer Courses

Summer Term 2023




TALKING FAMILIES

Our FREE 6 week course for parents and carers of children aged 0-12 will cover

- Managing challenging behaviour with consistency.
- Encouraging positive behaviour.
- Building your child's self esteem.
- Setting and maintaining boundaries.
- Responding to tantrums and difficult feelings in children.
- Developing a strong parent/child relationship now and for the future.



Thursdays 9.45 -11.15am
20th Apr– 25th May
Online Course 577 

Thursdays 8 - 9.30pm
20th Apr– 25th May
Online Course 579 

Tuesdays 8.00 - 9.30pm
6th Jun – 11th Jul
Online Course 580 

Wednesdays 9.45-11.15am
7th Jun - 12th Jul
Online Course 578 


TALKING TEENS

Our FREE 6 week course for parents and carers of children aged 12-19 will cover

- The Teen Brain: the physical and emotional changes taking place during the teenage years and why their behaviour changes.
- The link between behaviour and communicating difficult feelings.
- How to maintain your relationship with good communication.
- Understanding risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate and reduce conflict.



Wednesdays 7.45-9.15pm
19th Apr – 24th May
Online Course 581 

Wednesdays 7.00-9.00pm
7th Jun – 12th Jul
FACE – TO – FACE
COURSE
Welwyn Course 582
Ridgeway Academy 

Pre-booking essential

To check eligibility and book a place, please contact

Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk

Quoting the Course ID

TALKING DADS

Dads play an important role in a child's life. This FREE course will help you be the Dad you want to be. Over 6 weekly sessions, fathers and male carers of children aged 0-19 will be supported to:

- Increase confidence in your parenting.
- Develop your dad/child relationship, now and for the future.
- Improve listening and communication skills.
- Develop strategies for dealing with anger and conflict.
- Learn how to enforce boundaries.



Dads,
Step-Dads,
Stay at
home Dads,
Working
Dads...

Tuesdays 7.45-9.15pm

18th Apr – 23rd May

Online Course 583 

Wednesdays 7.45-9.15pm

7th Jun – 12th Jul

Online Course 584 

TALKING ADDITIONAL NEEDS

A free 6 week course for parents and carers of children aged 2-19 years with a recognised additional need. We will help you to:

- Understand your child's behaviour.
- Find strategies that really work.
- Understand conflict: why it happens and how to handle it.
- Manage anger effectively.
- Motivate, encourage and support your child.
- Manage different needs within your family.



Tuesdays 8.00-9.30pm

18th Apr – 23rd May

Online Course 576 

Tuesdays 9.45 – 11.15am

6th Jun – 11th Jul

Online Course 575 

Courses are open to parents and carers living in Hertfordshire

Pre-booking essential

To check eligibility and book a place, please contact

Supporting Links on:

07512 709556 or bookings@supportinglinks.co.uk

Quoting the Course ID

www.supportinglinks.co.uk

Information taken on booking will be used to process your booking, check your eligibility, identify any access needs and will be stored in accordance with our GDPR policy which is available on request



These courses are provided free to parents by
Hertfordshire County Council's Targeted Parenting Fund

