

Parent and Carer Support

Online Courses



Autumn Term 2022



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.

Tuesdays 9.15am - 10.15am
13th Sep to 5th Oct
Course 528

Tuesdays 8.30am - 9.30am
13th Sep to 5th Oct
Course 530

Tuesdays 8.00-9.30pm
1st Nov to 6th Dec
Course 529

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
14th Sep to 6th Oct
Course 531

Thursdays 7.45-9.15pm
3rd Nov-8th Dec
Course 532

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...

Mondays 7.15-9.15pm
12th Oct - 5th Dec
Course 533

Mondays 7.45-9.15pm
31st Oct-5th Dec
Course 534

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.



Diagnosis
not
essential

Mondays 8.00-9.30pm
31st Oct-5th Dec
Course 527

Tuesdays 9.45-11.15am
1st Nov-6th Dec
Course 525

We are also offering
face to face sessions in:
St Albans

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

