

FREE to parents and carers living in Hertfordshire

TALKING TEENS

6, weekly sessions for parents and carers of children aged 12-19, covering:

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



Thursdays 7.45-9.15pm

4th Jan to 8th Feb

Online Course: ID 624

Wednesdays 7.45-9.15pm

7th Feb to 20th Mar

(no session in half term)

Online Course: ID 625

TALKING ANGER in TEENS

6, weekly sessions for parents and carers of children aged 12-19, supporting you to:

- Understand why young people and adults get angry.
- Develop strategies to handle anger in yourself and others within your family.
- Recognise the early signs of anger.
- Reduce conflict and arguments.
- Encourage positive behaviour.



Tuesdays 7.45-9.30pm

23rd Jan to 5th Mar

(no session in half term)

Online Course: ID 626

TALKING DADS

6, weekly sessions for dads & male carers of all ages, sharing information on:

- Improved listening and communication skills.
- A healthy dad-child relationship now and for the future.
- Effective strategies for dealing with anger and conflict.
- How to enforce boundaries.
- Being the dad, you want to be.



Wednesdays 7.45-9.15pm

3rd Jan to 7th Feb

Online Course: ID 627

Tuesdays 7.45-9.15pm

6th Feb to 19th Mar

(no session in half term)

Online Course: ID 628

TALKING FAMILIES

6, weekly sessions for parents and carers of children aged 0-12 sharing tips on:

- 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.

TALKING ANXIETY in FAMILIES

6, weekly sessions for parents and carers of all ages, supporting you to:

- Understand why young people and adults get anxious.
- Develop strategies to handle anxiety in yourself and others within your family.
- Recognise the early signs of anxiety.
- Reduce stress and tension.
- Encourage resilient behaviour.

TALKING ADDITIONAL NEEDS

A 6-week group for parents and carers of children with any additional need from 2-25. Your child does not need a diagnosis to join.

- Understand your child's behaviour.
- Develop strategies that really work.
- Reduce conflict.
- Improve emotional regulation.
- Explore sensory needs.
- Increase your child's resilience.
- Manage different needs in your family.



Thursdays 8.00-9.30pm
1st Feb to 14th Mar
(no session in half term)
Online Course ID 623

Thursdays 9.30-11.30am
8th Feb to 21st Mar
Course ID 622

Waterside Family Centre, Rowans,
WGC AL7 1NZ



Mondays 7.45-9.15pm
29th Jan to 11th Mar
(no session in half term)
Online Course ID 621



Wednesdays 9.30-11.30am
31st Jan to 13th Mar
(no session in half term)
Course ID 620

Otley Way Family Centre,
Otley Way, Watford, WD19 7TB

Booking essential. Please Quote the Course ID

To check eligibility and book a place, please contact Supporting Links on:
07512 709556 or bookings@supportinglinks.co.uk

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

