

Individual Support

Being a parent doesn't come with instructions! What should be a rewarding and happy experience can sometimes be worrying and difficult.

We believe that there is no right way to parent. Each of us approaches parenting differently – we all have different family backgrounds and life experiences. These life experiences affect the way that we bring up our children. Also, what 'works' for one child may not work for another. At some stage we all need a little extra support.

Our staff can help you with any concerns you may have about your child at home or at school.

Issues such as:

- Changing schools
- Communication
- General routines
- Managing behaviour
- Bullying
- Additional needs
- Internet safety

Sometimes the issues are too complex and need specialist support. Our staff can guide and signpost you to the right specialist services such as:

- Child and Adolescent Mental Health Service
- Mentoring and Counselling Services
- Bereavement Support
- Special Needs Support Groups

HOW TO CONTACT US

VISTA ST. ALBANS

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We can be contacted term time during normal office hours. If you leave an out of hours message we will return your call as soon as we can.

Vista is driven by its commitment to improving life chances for children and young people.



Support for Parents, Children, Young People & Families

Parenting Courses and Workshops



For Parents & Carers of children up to age 18 years

www.vistastalbans.org.uk

vistastalbans@gmail.com

'Community Oriented Business of the Year 2012'

COURSES OFFERED

- **About Boys Course:** Only for Mums of boys aged 5-11 years. Understanding boys development and behaviour.
- **The Nurturing Programme:** Raising children can be puzzling at times, but puzzles have solutions and this evidenced based course provides them.
- **Understanding Your Child's Anger:** How to cope with behaviour and anger issues.
- **Communicating with Teenagers:** Understand how teenagers feel, focus on communication and behaviour issues.
- **Parenting an Additional Needs Child:** Understand the emotions and issues raised, examine the effect on your family, explore practical ideas and tips to deal with stressful situations.
- **Pre-Teens:** Prepare for the teenager years.
- **123 Magic:** Learn a simple technique that can be used to discipline undesirable behaviour.
- **Raising Confident Children:** Tackle your own self esteem as well as your child's.
- **Sibling Rivalry:** Dealing with difficulties created by this issue.
- **Setting Boundaries:** It is easier than you may think - wonderful strategies to use.
- **Transition:** How to deal with the stresses caused by moving on.
- **What can a Parent Do:** Establishing clear, sound parenting guidelines.

PARENT FACILITATORS

Our Parenting Facilitators are qualified and trained to OCN Level 3 or 4 and can deliver a variety of courses and workshops on request.

They are also trained to HCC Safeguarding standards and hold enhanced CRB certificates.



All our courses and workshops are hosted in schools or community venues which are safe and comfortable.

Our courses and workshops are offered to small groups to encourage participation.



WORKSHOPS OFFERED

About your child or young person:

- Anti-Bullying
- Drugs & Alcohol
- Dyslexia
- Exam Stress
- Healthy Eating
- Internet Safety
- Negotiating Boundaries
- Self Esteem
- Sibling Rivalry
- Teen Safety
- Transition

For you:

- Stressbuster
- Time Out 4 Me
- Feeling Good

If you can't find the workshop you are looking for please get in touch and we will facilitate one for you!