

Online Targeted Parenting Courses Summer Term 2020

For full details of each course and how to refer to providers please go to www.hertfordshire.gov.uk/parentingsupport or visit the providers links.

If you have any professional questions for Family Services Commissioning, please email EHCommissioning@hertfordshire.gov.uk

Provider	District	Name of course	Course Summary	Dates & Times
ADD-vance	Broxbourne	Understanding ADHD and Autism	For parents/carers of children aged 5-14 with a diagnosis/suspected diagnosis. Learning outcomes include : Understanding ADHD, autism and related conditions understanding and managing anxieties, how to set boundaries, and positive behaviour, good self esteem, managing siblings and navigating the education system	Mon and Wed 14th Sept—19th Oct 10am—11am www.add-vance.org
ADD-vance	Stevenage			Mon and Wed 14th Sept—19th Oct 7.30pm—8.30pm www.add-vance.org
ADD-vance	Hertsmere			Thurs and Fri 18th Sept—23rd Oct 10am—11am www.add-vance.org
ADD-vance	North Herts			Mon and Wed 2nd Nov—7th Dec 1.30pm—2.30pm www.add-vance.org
ADD-vance	Watford			Thurs and Fri 5th Nov—11th Dec 10am—11am www.add-vance.org



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Provider	District	Name of Course	Course Summary	Dates & Times
Families Feeling Safe	North Herts	Protective Behaviours for Dads and Male Carers	Dads/parents/carers of children 0-19. Strategies and ideas to help improve family life, including links between behaviour, thoughts and feelings, build on your and your child's strengths Improve communication and strategies to keep your family safe , gain problem solving skills for life	Tues 15th, 22nd, 29th Sept, 6th, 13th & 20th Oct 8pm—9pm enquiries@familiesfeelingsafe.co.uk
Families Feeling Safe	Welwyn Hatfield			Thus 12th, 19th, 26th Nov & 3rd, 10th & 17th Dec 8pm—9pm enquiries@familiesfeelingsafe.co.uk
Families Feeling Safe	Three Rivers			Wed 11th, 18th, 25th Nov, 2nd, 9th 16th Dec 8pm—9pm enquiries@familiesfeelingsafe.co.uk
Families Feeling Safe	Hertsmere	Protective Behaviours for Mums, Dads and Carers	Parents and carers of children 0-19. Strategies and ideas to help improve family life, including links between behaviour, thoughts and feelings, build on your and your child's strengths Improve communication and strategies to keep your family safe , gain problem solving skills for life	Intro to ZOOM 10th Sept, then Thurs 17th, 24th Sept, 1st, 8th, 15th & 22nd October 8pm—9pm enquiries@familiesfeelingsafe.co.uk



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Provider	District	Name of Course	Course Summary	Dates & Times
Family Lives	East Herts	Getting on with your Pre-teen / Teenager	This group is particularly suited for parents and or carers of pre-teen/teenagers who may have FFA, CIN, CP or Youth Justice Plan and are showing signs of: Risky behaviour online through social media Attraction to or involvement in gangs Alcohol and/drugs , early sex, self-harming, crime and anti-social behaviour, aggressive and challenging behaviour	Mon 14th , 21st, 28th Sept, 5th, 12th & 19th Oct 1pm—3pm www.familylives.org.uk
Family Lives	Welwyn Hatfield			Wed 16th, 23rd, 30th Sept, 7th, 14th & 21st Oct 7pm—9pm www.familylives.org.uk
Family Lives	North Herts			Thur 13th 20th 27th Aug, 3rd, 10th & 17th Sept 7pm—9pm www.familylives.org.uk
Family Lives	Dacorum	Bringing up Confident Children for parents of children with ADHD	Help your child reach their full potential including, understanding behaviour, manage feelings and outbursts, learning new parenting strategies and supporting siblings	Mon 12th, 19th, 26th Oct, 2nd, 9th & 16th Nov 1pm—3pm www.familylives.org.uk
Family Lives	Welwyn Hatfield	Bringing Up Confident Children for parents of children with SEN	For parents/carers of children with any SEND. Build understanding how to manage feelings and behaviours and strategies to build self esteem and confidence for all the family	Thurs 1st, 8th, 15th, 22nd, 29th Oct & 5th Nov 1pm—3pm www.familylives.org.uk



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Provider	District	Name of Course	Course Summary	Dates & Times
Families in Focus	Hatfield	Handling Anger in Your Child with SEND (5—11yrs)	Evidence based anger management strategies for parents and children. Step by step approach, techniques to calm down tantrums and meltdowns. Creative ways to help children express anger safely, active listening skills and how to build good parent/child relationships	Tues 3rd, 10th, 17th, 24th Nov, 1st, 8th Dec 9.30am—11.30am www.familiesinfocus.co.uk
Families in Focus	Hemel Hempstead	Handling Anger in Your Family (5-11yrs)	Evidence based anger management strategies for parents and children. Step by step approach, techniques to calm down tantrums and meltdowns. Creative ways to help children express anger safely, active listening skills and how to build good parent/child relationships	Tues 3rd, 10th, 17th, 24th Nov, 1st, 8th Dec 12.30pm—2.30pm www.familiesinfocus.co.uk
HACRO	Watford	Caring Dads	Father's will be challenged to understand the damage their abusive behavior has caused their children. They will learn child-centered parenting approaches and how to relate to their children in different ways as they grow and develop. They will learn the importance of relating in a constructive and respectful way to their children's mother, in the best interests of their children.	17 sessions of 2 hours starting in September dates TBC



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Provider	District	Name of Course	Course Summary	Dates & Times
Natural Flair	Online	Natural Steps to Stronger, Safer Families	An interactive and fun 6 week course, providing a safe place to explore feelings, be heard and understood, and put achievable goals in place for you and your family.	Thurs 1st Oct—12th Nov 9.30am —11.30am Thurs 8th Oct—19th Nov 7pm—9pm Tues 3rd Nov—8th Dec 9.30am —11am www.natural-flair.com
Supporting Links	Online	Talking Families	Parents/carers of children 0-12. Managing and encouraging positive behaviour, building your child's self esteem,	Tues 15th, 22nd, 29th Sept, 6th, 13th & 20th Oct 10am—11.15am Thurs 17th, 24th Sept, 1st, 8th, 15th 22nd Oct 8pm—9.15pm www.supportinglinks.co.uk
Supporting Links	Online	Talking Teens	Parents/carers of teens 12-19, covering the teen brain and recognising physical, emotional and behaviour changes learning good communication skills, negotiate conflict, understand risky behaviour around drugs, alcohol and gang culture.	Tues 15th, 22nd, 29th Sept, 6th, 13th, 20th Oct 8pm—9.15pm www.supportinglinks.co.uk
Supporting Links	Online	Talking Dads	Dads/male carers of children 0-19, increase parenting confidence, improving relationships, listening and communication skills	Wed 16th, 23rd, 30th Sept, 7th, 14th, 21st Oct 8pm—9.15pm www.supportinglinks.co.uk



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Provider	District	Name of Course	Course Summary	Dates & Times
Supporting Links	Online	Understanding Behaviour in your child with additional needs	<p>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:</p> <ul style="list-style-type: none"> • Understand your child's behaviour. • Find strategies that really work. • Understand conflict : why it happens and how to handle it. <ul style="list-style-type: none"> • Manage anger effectively. • Motivate, encourage and support your child. • Manage the different needs within your family. 	<p>Mon 14th, 21st, 28th Sept, 5th, 12th, 19th Oct 8pm—9.15pm</p> <p>Wed 16th, 23rd, 30th Sept, 7th, 14th, 21st Oct 10am—11.15am</p> <p>www.supportinglinks.co.uk</p>

Support also available from

Hertfordshire Practical Parenting Programme

Support helpline and web information - <https://www.hertfordshireppp.co.uk/covid-19/>

Safer Places—<https://www.saferplaces.co.uk/>

Support information and helpline. Online Triple R courses available - referrals from professionals via website

