

PARENTING COURSES

Delivering courses to parents as part of the Targeted Parenting Support Fund on behalf of Hertfordshire County Council

Spring Term 2020

We offer the following 6 week courses across Hertfordshire:

- **Talking Families**
- **Talking Teens**
- **Talking Dads**
- **Understanding behaviour in your child with additional needs.**
- **Understanding your child on the Autistic Spectrum**

'It was a brilliant course and has made a huge difference'

Our programmes are quality assured



To be eligible to attend parents should be engaged with Targeted Partnership, Intensive Family Support or Safeguarding and Specialist Services.

07512 709556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk

**FIND US ON THE HCC
PARENTING DIRECTORY**

UNDERSTANDING BEHAVIOUR IN YOUR CHILD WITH ADDITIONAL NEEDS



Tuesdays

**7th, 14th, 21st, 28th January
and 4th, 11th February 2020**

9.30 - 11.30am



A free 6 week course for parents and carers of children aged 2-19 years with a recognised additional need.

Diagnosis is not essential.

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 the different needs within your family.

'I have been on a few courses to help me with my son, this was by far the most helpful.'

**ROOM 1
Allum Manor Hall
2 Allum Lane
ELSTREE
WD6 3PJ**

'I tried the techniques and was amazed at the outcome.'

Pre-booking essential

Contact Supporting Links

QUOTING REFERENCE SL350 on:

07512 709556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk



This course is provided free to parents by Hertfordshire County Council

UNDERSTANDING BEHAVIOUR IN YOUR CHILD WITH ADDITIONAL NEEDS



WEDNESDAYS
8th, 15th, 22nd, 29th January
and 5th, 12th February 2020
7.00 - 9.00pm

A free 6 week course for parents and carers of children aged 2-19 years with a recognised additional need. Diagnosis is not essential. 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 the different needs within your family.

'I have been on a few courses to help me with my son, this was by far the most helpful.'

COMMUNITY ROOM
St Albans Fire Station,
153 London Road
ST ALBANS
AL1 1TQ

'I tried the techniques and was amazed at the outcome.'

Pre-booking essential

Contact Supporting Links

QUOTING REFERENCE SL351 on:

07512 709556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk



This course is provided free to parents by Hertfordshire County Council

UNDERSTANDING YOUR CHILD ON THE AUTISTIC SPECTRUM



Wednesdays
26th February, 4th, 11th, 18th,
25th March and 1st April 2020
9.30 - 11.30am

A free 6 week course for parents and carers of children aged 2-19 years with suspected or diagnosed Autistic Spectrum Disorder.

We will help you to:

- Understand your child's behaviour.
- Develop strategies that really work.
- Reduce conflict without giving in.
- Manage emotional reactions.
- Learn how to encourage and support your child.
- Manage the different needs within your family.
- Explore sensory issues.

'I have been on a few courses to help me with my son, this was by far the most helpful.'

**BROADWATER FAMILY
CENTRE**

**Longmeadow School
Oaks Cross**

STEVENAGE SG2 8LT

**'I tried the techniques and was
amazed at the outcome.'**

Pre-booking essential

**Contact Supporting Links
QUOTING REFERENCE SL352 on:**

07512 709556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk

**If you require childcare to attend this
course please speak with us**



This course is provided free to parents
by Hertfordshire County Council

TALKING FAMILIES



Because parents don't get training for the toughest job on earth!



MONDAYS
24th February and 2nd, 9th, 16th,
23rd, 30th March 2020
7.00 - 9.00pm

Our **FREE** 6 week course for parents and carers of children aged 0-12 will help you to:

- **Manage challenging behaviour with consistency**
- **Encourage positive behaviour**
- **Build your child's self esteem**
- **Set and maintain boundaries**
- **Respond to tantrums and difficult feelings in children**

'It was a brilliant course and has made a huge difference'

'It has taught me new skills to deal with family life'

**6th FORM COMMON ROOM
THE RIDGEWAY ACADEMY**

**Herns Lane
Welwyn Garden City
AL7 2AF**

Pre-booking essential

To check eligibility and book a place, contact Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk

QUOTING REFERENCE SL353



This course is provided free to parents by Hertfordshire County Council

TALKING FAMILIES



Because parents don't get training for the toughest job on earth!

THURSDAYS

**9th, 16th, 23rd, 30th January
and 6th, 13th February 2020**

9.30 - 11.30am



Our **FREE** 6 week course for parents and carers of children aged 0-12 will help you to:

- **Manage challenging behaviour with consistency**
- **Encourage positive behaviour**
- **Build your child's self esteem**
- **Set and maintain boundaries**
- **Respond to tantrums and difficult feelings in children**

'It was a brilliant course and has made a huge difference'

'It has taught me new skills to deal with family life'

ORCHARD FAMILY CENTRE

Dundale School

Silk Mill Way

TRING

HP23 5DJ

Pre-booking essential

To check eligibility and book a place, contact Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk

QUOTING REFERENCE SL354

If you need help with childcare in order to attend this course, please speak to us



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TALKING FAMILIES



Because parents don't get training for the toughest job on earth!



MONDAYS
24th February and 2nd,
9th, 16th, 23rd, 30th March 2020
9.30 - 11.30am

Our **FREE 6 week course** for parents and carers of children aged 0-12 will help you to:

- **Manage challenging behaviour with consistency**
- **Encourage positive behaviour**
- **Build your child's self esteem**
- **Set and maintain boundaries**
- **Respond to tantrums and difficult feelings in children**

'It was a brilliant course and has made a huge difference'

'It has taught me new skills to deal with family life'

ROOM 1
Allum Manor House
2 Allum Lane
ELSTREE
WD6 3PJ

Pre-booking essential

To check eligibility and book a place, contact Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk

QUOTING REFERENCE SL355

If you need help with childcare in order to attend this course, please speak to us



This course is provided free to parents by Hertfordshire County Council

TALKING FAMILIES



Because parents don't get training for the toughest job on earth!

WEDNESDAYS

**8th, 15th, 22nd, 29th January
and 5th, 12th February 2020**

7.00 - 9.00pm



Our **FREE** 6 week course for parents and carers of children aged 0-12 will help you to:

- **Manage challenging behaviour with consistency**
- **Encourage positive behaviour**
- **Build your child's self esteem**
- **Set and maintain boundaries**
- **Respond to tantrums and difficult feelings in children**

'It was a brilliant course and has made a huge difference'

'It has taught me new skills to deal with family life'

**Watford Mencap at
The Lemarie Centre
524 St Albans Road
Watford
WD24 7RX**

Pre-booking essential

To check eligibility and book a place, contact Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk

QUOTING REFERENCE SL356



This course is provided free to parents by Hertfordshire County Council

TALKING TEENS



WEDNESDAYS
26th February, 4th, 11th, 18th, 25th
March and 1st April 2020
7.00 - 9.00pm

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

- The Teen Brain: Recognising 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 during a conflict situation.

'Very well delivered and engaging sessions'

THREE VILLAGES FAMILY CENTRE

Coniston Road
KINGS LANGLEY WD4 8DF

'I have already changed my attitude towards my 12 turning 13 year old daughter by understanding her behaviour rather than being annoyed by it. The results have been quite remarkable.'

Pre-booking essential

To check eligibility and book a place, please contact Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk

QUOTING REFERENCE SL357



This course is provided free to parents by Hertfordshire County Council

TALKING TEENS



THURSDAYS
9th, 16th, 23rd, 30th January
and 6th, 13th February 2020
7.00 - 9.00pm

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

- The Teen Brain: Recognising 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 during a conflict situation.

'Very well delivered and engaging sessions'

RICKMANSWORTH SCHOOL
Sports Centre Room 201
Scots Hill, Croxley Green
RICKMANSWORTH
WD3 3AQ

'I have already changed my attitude towards my 12 turning 13 year old daughter by understanding her behaviour rather than being annoyed by it. The results have been quite remarkable.'

Pre-booking essential

To check eligibility and book a place, please contact Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk

QUOTING REFERENCE SL358



This course is provided free to parents by Hertfordshire County Council

TALKING TEENS



TUESDAYS
25th February, 3rd, 10th,
17th, 24th and 31st March 2020
7.00 - 9.00pm

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

- The Teen Brain: Recognising 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 during a conflict situation.

'Very well delivered and engaging sessions'

BEDWELL FAMILY CENTRE
2 Bedwell Park
3 Exchange Road
STEVENAGE SG1 1NB

'I have already changed my attitude towards my 12 turning 13 year old daughter by understanding her behaviour rather than being annoyed by it. The results have been quite remarkable.'

Pre-booking essential

To check eligibility and book a place, please contact Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk

QUOTING REFERENCE SL359



This course is provided free to parents by Hertfordshire County Council

TALKING TEENS



MONDAYS

**24th February, 2nd, 9th,
16th, 23rd, 30th March 2020
7.00 - 9.00pm**

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

- The Teen Brain: Recognising 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 during a conflict situation.

**'Very well delivered and engaging
sessions'**

**SOPWELL FAMILY CENTRE
Mandeville Primary School
Mandeville Drive
ST ALBANS AL1 2LE**

**'I have already changed my attitude towards
my 12 turning 13 year old daughter by
understanding her behaviour rather than
being annoyed by it. The results have been
quite remarkable.'**

Pre-booking essential

**To check eligibility and book a place,
please contact Supporting Links on:**

07512 709556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk

QUOTING REFERENCE SL367



This course is provided free to parents
by Hertfordshire County Council



TALKING DADS

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



TUESDAYS
7th, 14th, 21st, 28th January
And 4th, 11th February 2020
7.00 - 9.00pm

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.

6th FORM COMMON ROOM
THE RIDGEWAY ACADEMY
Herns Lane
Welwyn Garden City
AL7 2AF

'My child is easier to handle now, and has learnt from the techniques I use.'

Pre-booking essential

To check eligibility and book a place, contact Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk
QUOTING REFERENCE SL360



TALKING DADS

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

THURSDAYS

**27th February, 5th, 12th, 19th 26th
March and 2nd April 2020**

7.00 - 9.00pm



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.

VENUE TBC

Three Rivers District

'My child is easier to handle now, and has learnt from the techniques I use.'

Pre-booking essential

To check eligibility and book a place, contact Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk

QUOTING REFERENCE SL361