

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.



Wednesdays 7.45-9.15pm

17th April – 22nd May

Online Course: ID 657

Wednesdays 7.00-9.00pm

5th June – 10th July

The Reddings Family Centre

Harcourt Rd, Bushey WD23 3PE

In Person Course: ID 658

TALKING ANGER in FAMILIES

6, weekly sessions for parents and carers of children aged 0-12, supporting you to:

- Understand why children 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.



Wednesdays 9.45-11.30am

17th April – 22nd May

Online Course: ID 654

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.



Thursdays 7.45-9.15pm

18th April – 23rd May

Online Course: ID 659

Wednesdays 7.45-9.15pm

5th June – 10th July

Online Course: ID 660

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.



Tuesdays 8.00-9.30pm

16th April – 21st May

Online Course ID 656

Tuesdays 9.45-11.15am

4th June – 9th July

Online Course ID 653

TALKING ANXIETY in TEENS

6, weekly sessions for parents and carers of 12-19 year olds, 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.



Tuesdays 7.45-9.30pm

4th June – 9th July

Online Course ID 655

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 9.45-11.15am

18th April – 23rd May

Course ID 651

Tuesdays 8.00-9.30pm

4th June – 9th July

Course ID 652

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

