



Promoting Strong Family Relationships

Fully Funded By Herts County Council



JAN

05

7.45PM

ON-LINE  
COURSE

JAN

05

8PM

ON-LINE  
COURSE

JAN

06

10AM

ON-LINE  
COURSE

JAN

06

7.45PM

ON-LINE  
COURSE

# Calendar

JOIN THE TEAM

Courses are open to parents and carers living in Hertfordshire  
To check eligibility and book a place, please contact  
Supporting Links: [www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)  
Email: [bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk) Tel:07512 709556  
Quoting the Course ID Pre-booking essential.

## TALKING TEENS

A **FREE** 6 week course delivered to your home **via Zoom** for parents and carers of children aged 12-19.  
Open to parents across Hertfordshire.

**Pre-booking essential—quote course ID 418**

## TALKING FAMILIES

Because parents don't get training for the toughest job on earth!  
**FREE** 6 week online course delivered to your home **via Zoom** for parents and carers of children aged 0-12  
Open to parents across Hertfordshire.

**Pre-booking essential—quote course ID 414**

## TALKING FAMILIES

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**FREE** 6 week online course delivered to your home **via Zoom** for parents and carers of children aged 0-12  
Open to parents across Hertfordshire.

**Pre-booking essential—quote course ID 412**

## TALKING DADS

Dads, Step-Dads, Stay at home Dads, Working Dads...  
Dads play an important role in a child's life. This **FREE** 6 week parenting course delivered to your home **via Zoom**, will help you be the Dad you want to be!  
For fathers and male carers of children aged 0-19.  
Open to parents across Hertfordshire.

**Pre-booking essential—quote course ID 419**



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JAN

10AM

06

ON-LINE  
COURSE

JAN

7.45PM

07

ON-LINE  
COURSE

FEB

7.45PM

22

ON-LINE  
COURSE

FEB

7.45PM

24

ON-LINE  
COURSE

# Calendar

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Quoting the Course ID Pre-booking essential.

## UNDERSTANDING BEHAVIOUR IN YOUR CHILD WITH ADDITIONAL NEEDS

A **FREE** 6 week parenting course delivered to your home **via Zoom** for parents and carers of children aged 2-19 years with a recognised additional need. Diagnosis is not essential. Open to parents across Hertfordshire.

**Pre-booking essential—quote course ID 411**

## TALKING TEENS

A **FREE** 6 week course delivered to your home **via Zoom** for parents and carers of children aged 12-19. Open to parents across Hertfordshire.

**Pre-booking essential—quote course ID 416**

## TALKING TEENS

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**Pre-booking essential—quote course ID 417**

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**Pre-booking essential—quote course ID 420**



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Email: [bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk) Tel:07512 709556  
Quoting the Course ID Pre-booking essential.

FEB

10AM

24

ON-LINE  
COURSE

## TALKING FAMILIES

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Open to parents across Hertfordshire.

**Pre-booking essential—quote course ID 413**

FEB

8PM

24

ON-LINE  
COURSE

## UNDERSTANDING BEHAVIOUR IN YOUR CHILD WITH ADDITIONAL NEEDS

A **FREE** 6 week parenting course delivered to your home **via Zoom** for parents and carers of children aged 2-19 years with a recognised additional need. Diagnosis is not essential.  
Open to parents across Hertfordshire.

**Pre-booking essential—quote course ID 410**

FEB

7.45PM

25

ON-LINE  
COURSE

## TALKING TEENS

A **FREE** 6 week course delivered to your home **via Zoom** for parents and carers of children aged 12-19.  
Open to parents across Hertfordshire.

**Pre-booking essential—quote course ID 415**



Families In Focus CIC

Enabling families to be stronger together

**DSPL** | Delivering Special Provision Locally  
Achieving quality outcomes

FEB

9.30AM

22

ON-LINE COURSE

FEB

12PM

25

ON-LINE COURSE

DEC

7PM

10

ON-LINE COURSE

DEC

9.30AM

14

ON-LINE COURSE

# Calendar

JOIN THE TEAM

**FREE** Support, information & learning groups for parents caring for children with special educational needs and/or disabilities and chronic health conditions – no need to book just turn up unless stated otherwise. Delivered by experienced, trained facilitators with over 25 years of personal experience and professional knowledge to share in a non-judgemental and supportive environment.

For Bookings please visit [www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)

All our Parent Networks are continuing throughout lockdown, reaching parents of children with additional needs online via **ZOOM**.

## SLEEP SOLUTIONS FOR CHILDREN WITH ASD/ADHD

A proven evidence-based, behavioural approach to help families get a better night's sleep.

Funded by Hertfordshire County Council and FREE for parents living in Hertfordshire and parenting children aged 4-10 with ASD and/or ADHD or those awaiting assessment or diagnoses.

## SLEEP SOLUTIONS FOR ALL CHILDREN

A proven evidence-based, behavioural approach to help families get a better night's sleep.

Funded by Hertfordshire County Council and FREE for parents living in Hertfordshire and parenting children aged 4-10 with ASD and/or ADHD or those awaiting assessment or diagnoses.

## PARENT NETWORK

### COPING WITH CHRISTMAS



## PARENT NETWORK

### COPING WITH FUSSY EATERS



## NATURAL FLAIR COACHING



JAN

25

7PM

ON-LINE  
COURSE

JAN

27

7PM

ON-LINE  
COURSE

JAN

28

9.30AM

ON-LINE  
COURSE

FEB

01

7PM

ON-LINE  
COURSE

# Calendar

JOIN THE TEAM

Natural Flair courses are funded by Herts County Council, parents need to be referred to attend.

All interactive online courses. Take advantage of what's available from the comfort of your own home.

To request a place, call: 01992 446 051

### NATURAL STEPS TO SAFER, STRONGER FAMILIES

A protective behaviours approach to emotional safety and wellbeing for families. It has been designed to meet the needs of parents/carers facing the everyday challenges of parenting.

### SECRETS TO PARENTING YOUR TEEN/PRE-TEEN

Six core workshops in all focusing on different areas of parenting teenagers. Areas covered include:

- Identify strategies to raise aspirations and boost self-esteem
- Emotional needs and the teenage brain
- Parenting styles and setting house rules/boundaries
- Tools for supporting anxiety and building resilience
- Communication—what works and what doesn't

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## NATURAL FLAIR COACHING



FEB

9.30AM

02

ON-LINE  
COURSE

FEB

9.30AM

03

ON-LINE  
COURSE

FEB

7PM

01

ON-LINE  
COURSE

JAN

7.30PM

06

ON-LINE  
COURSE

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- Communication—what works and what doesn't

### SUPPORTING FAMILIES PROTECTIVE BEHAVIOURS

Strategies and new ideas to help improve family life. For Mums, Dads and Carers of children 0-19yrs Sessions will run on Zoom

For eligibility and to book your FREE place:  
Email: [enquiries@familiesfeelingsafe.co.uk](mailto:enquiries@familiesfeelingsafe.co.uk)  
Tel: 07748 332606



These courses are funded by Herts County Council and are open to residents of Hertfordshire only



# Calendar

JOIN THE TEAM

We are delighted to announce three series of **NEW ONLINE WORKSHOPS** for parents/carers running from October 2020 to March 2021 funded by Hertfordshire County Council. These interactive workshops will be delivered via Zoom and can easily be accessed via a PC, laptop, tablet or smartphone. **For more details and to book your FREE ticket, please see <http://add-vance.eventbrite.com/> or visit our Facebook page. Bookings are now open for October dates. Bookings for November dates will open on Saturday 24th October.**

## UNDERSTANDING ADHD AND AUTISM

This interactive course is designed for parent/carers of children aged 5 to 14 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism.

Every course is bespoke to the needs of each group. Learning outcomes include:

- Understanding ADHD, Autism and related conditions
- Building your child's self-esteem
- Understanding anxiety and anger triggers
- Reducing meltdowns and other behaviours which challenge
- Developing positive behaviour strategies
- Working collaboratively with school
- Knowing your rights and how to advocate for your child
- Reducing your own stress levels
- Managing the needs of siblings
- Improving communication as a family
- Connecting with other families and sharing experiences
- Signposting to useful resources and local support networks.

\*Courses on 5th Jan Understanding Teens with ADHD/ Autism\*

**JAN**

**AM/PM**

**04**

**10AM**

**04**

**7PM**

**05**

**10AM**

**05**

**7PM**

**06**

**10AM**

**07**

**10AM**

**08**

**10AM**

**09**

**2PM**