

Family Lives are delivering 4 Online (via MS Teams) parenting groups, funded by Herts County Council, in the Summer term for targeted parents/carers who live in Hertfordshire or who have a child attending a Hertfordshire school.

Sorting Out Family Arguments (6 weeks)

Less Shouting, More Cooperation (6 weeks)

Getting on with Your Pre Teen/Teenager (6 weeks)

Bringing Up Confident ADHD/ASD Children (6 weeks)

All our programmes provide support, information and resources to parents/carers and adult family members so they can help their child reach their full potential.

Sorting Out Family Arguments (6 weeks)

Thursday 18 May to 29 June 2023, 7.00pm – 9.00pm

Do you feel everything ends in an argument and you are constantly trying to keep the peace? Join our free online 6-week group to help improve family communication, reduce the reactions which lead to arguments and create a culture of teamwork in your family.

Sessions will cover :

- *How parents and children can be affected by conflict*
- *Strategies in handling and resolving conflict and anger*
- *Parents' role when there is sibling rivalry and jealousy, fostering cooperation rather than competition*
- *Effective communication, implementing boundaries and how to negotiate*

Less Shouting, More Cooperation (6 weeks)

Wednesday 7 June to 12 July 2023, 9.30am – 11.30am

Do you feel you are constantly nagging or shouting at your child to get what you need? Are you tired of losing your cool and want a calmer house? Join our free online 6-week group to learn how you can change the way you communicate with your child, respond better and feel more in control

The sessions will cover:-

- *Exploring what helpful discipline is*
- *Recognising the triggers and responding more effectively*
- *Learning new parenting tools to challenge children's behaviour*
- *How to negotiate and implement effective boundaries and family agreements*
- *How to hold boundaries and gain co-operation*

Getting on with Your Pre Teen/Teenager (6 weeks)

Thursday 8 June to 13 July 2023, 7.00pm – 9.00pm

Is your teen feeling anxious or isolated? Are you concerned about their mental health and struggling to get help? Maybe you have an FFA/CIN/CP in place and need more support. Join our free online 6-week online group to learn how parents can best emotionally support their teen and feel confident and prepared for whatever challenges might arise.

The sessions will cover:-

- *Learn tools to help teenagers manage difficult emotions & avoid drama and become more emotionally resilient*
- *How to change parenting styles to meet the developmental needs of your teenager & remain effective*

- *How to talk to teens so they will talk to you and build strong relationships*
- *How to set effective boundaries to stop problem behaviour*
- *How to give teenagers more independence whilst keeping them safe, make good choices and avoid peer pressure*

Bringing Up Confident ADHD/ASD Children (6 weeks)

Currently taking bookings for Autumn Term due to high demand, dates to be confirmed.

If your child has ADHD/ASD, or you think they might, join our online 6-week group where you will receive support from other parents and gain a comprehensive understanding of ADHD/ASD and learn strategies to improve life at home and at school.

Sessions will cover :

- *ADHD/ASD - a whole-family issue*
- *Understanding your child's behaviour*
- *Helping your child manage their feelings and outbursts*
- *Balancing support of siblings*
- *Learning about structure and routines*
- *Supporting your child at school*

We accept referrals from professionals as well as self-referrals. Please click [referral form](#) for the online referral form.

You can also email services@familylives.org.uk or call us on 0204 522 8700 or 0204 522 8701 for more information.