

Free Confidential Impartial

Parents and Carers, Coming on a Parenting course could help you to:-

- Speak and listen to your child more effectively
- Improve family relationships
- Deal with difficult behaviour more effectively
- Reward good behaviour, to boost your child's self esteem and confidence
- Set limits and boundaries, discipline and time out
- Gain support from other parents facing similar challenges.

Hertfordshire one stop parenting directory for parents:

<https://directory.hertfordshire.gov.uk>



This leaflet last amended 12.12.2022 by Ashley Fabray, Support Officer,
PoDS (Partnership of Dacorum Schools)
Email: fabraya@kls.herts.sch.uk M: 07525 917125
If you would like to be added to the email distribution list for future issues, please
contact Ashley on the details above.

Parenting Courses and Support in Dacorum Spring Term 2023



FREE courses open to parents in Dacorum

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Parenting Courses & Support

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Courses & Workshops

DSPL Dacorum



ANXIETY UNRAVELLED

Supporting My Child With Anxiety

A three-session on-line course for parents

7th, 14th & 21st March 2023 - All 20:00-21:00

Fully funded by DSPL & Dacorum

Children and young people will feel anxious and worried from time to time. Anxiety is a normal or usual response to uncertainty. The way we respond as parents, and deal with our own anxiety plays a significant part in building our children's capacity to develop resilience.

The world around us can often generate lots of uncertainty and affect the way we go about our everyday lives. You may be more worried than usual or perhaps you are in the midst of a growing cycle of worry and concern that you'd like to unravel. You are not on your own.

It is possible to use this experience to learn how best to help children not only understand why human beings experience anxiety, but also to help them, and you, develop strategies that will really help in a practical way.

Join Bounce Forward for a series of **three 60-minute webinars** to explore anxiety. The sessions will provide a space to think about your own responses and provide some practical tips and advice that you can use at home to help your children develop their resilience to anxiety.

BOOK NOW

LEARN MORE

Booking link:

https://us06web.zoom.us/webinar/register/WN_pRfVWUL6SumVmlEaxVfWnw

Courses & Workshops

DSPL Dacorum

Free mini consultations for parent/carers in Dacorum

Facilitated by ADHD/Autism Specialist Coaches from ADD-vance



Dacorum DSPL Area 8 are pleased to offer Mini Consultations For Parent/Carers of children with Autism/ADHD

DSPL 8 will be funding ½ hour individual sessions for parents of children with ADHD and/or Autism (diagnosed or suspected).

This session will be with a trained ADD-vance coach to address one issue in your family life you would like advice or support on. The session will take place over Zoom.

You need to book a 30 minute session at Eventbrite—www.dspl8.eventbrite.com for one of the following date and times:

Wednesday	11.01.2023	10:00 - 11:30
Tuesday	07.02.2023	10:00 - 11:30
Thursday	02.03.2023	19:00—20:30
Wednesday	29.03.2023	10:00 - 11:30

You will receive an email directly from ADD-vance, with a zoom invite link nearer the date.

More consultation sessions will be available next month.



Online Parenting courses, workshops & support

In response to Covid-19 and the current government guidelines the Schools Family Services and local providers in Dacorum are now offering a mix of free online and face to face courses, workshops and support for Parent/Carers.

Please see individual flyers for more information and details on how to book.

Please note some courses are only available in specific areas and others are open to everyone in Dacorum. Please see the headings at the top of each page for the local areas.



Online Courses & Workshops

Warners End, Gadebridge, Chaulden & Hemel Central
Kings Langley & Villages



Student and Family Support Services Gade Schools Family Support and Kings Langley Partnership

As part of the Partnership of Dacorum Schools Gade and Kings Langley Schools Family Support are able to provide families with a range of support services.



❖ **Parent Support Services**—We have a team of Family Support workers who are available to work in school and with parents at home. Our support workers can work with families on any range of issues and will provide practical advice, guidance and support

❖ **Pupil Support Services**—Our Partnership has Pupil Support workers who are available to work with children in school to support them with their behaviour, emotional wellbeing and how to overcome difficulties they may be facing. Our workers offer support groups in school or will work with children on a one to one basis at school. If you feel your child needs support, please contact your school directly to request this support.

❖ **SEND Support**—Our Partnership has a specialist Family Support worker who works with families of children with SEND. We will support parents in school and with parents at home, will provide practical advice, guidance and support on all aspects of SEND. We offer SEND surgeries in our community offices and these can be booked by contacting your school and requesting support.



❖ **Parent Courses and Workshops** – We will regularly host a range of courses and workshops for families on a range of different themes including managing challenging behavior, managing teens, transition to secondary school, developing confidence and self-esteem and a range of other themes.

❖ **Parent Surgeries** – As a Service we host a range of one to one advice surgeries on Housing Advice, Debt Management Advice, Autism Support and Advice, SEND Support and Advice. Various dates are available and are published on our web site www.gadeschoolsfamilysupport.co.uk



Schools can refer families to our Services however families can refer directly if they would like to speak with a member of staff directly and in confidence please contact the Partnership Office on 01442 278793.

Our Service is only able to work with Parents who have children in one of our Partnership Schools. Schools in our Partnership are:

Kings Langley Partnership: Kings Langley Secondary, Kings Langley Primary, Sarratt Primary, St Pauls School, Chipperfield, Bovingdon Primary Academy, Nash Mills Primary, Bedmond Village Primary

Gade Schools Family Support: John F Kennedy, Hemel Hempstead School, The Cavendish School, Chaulden Infants and Junior Schools, Boxmoor Primary, St Roses Infants, Micklem Primary, Galley Hill Primary, South Hill Primary, George Street School, Gade Valley School, St Cuthbert Mayne, Two Waters Primary, Pixies Hill Primary, Heath Lane Nursery, The Collett School

www.gadeschoolsfamilysupport.co.uk
Partnership Office: 01442 278793

Courses & Workshops

DSPL Dacorum

DSPL Workshops and Courses For Parent/Carers

All DSPL8 parenting courses and workshops will be advertised on our Website, Eventbrite and social media pages, via the following the links:

🌐 Website: www.dacorumdspl.org.uk

📘 Facebook: www.facebook.com/dspldacorum

📷 Instagram: https://www.instagram.com/dspl_dacorum/

📅 Eventbrite: <https://dspl8.eventbrite.co.uk/>

✉ Email: dspl@kls.herts.sch.uk

DSPL 8 Team

Carole Hassell, DSPL8 Manager

Ruth Mason, DSPL8 SEND Lead

Ashley Fabray, DSPL8 Support Officer

DSPL | Delivering Special
Provision Locally
Achieving quality outcomes

Dacorum

www.dacorumdspl.org.uk

Delivering Special Provision Locally is a Hertfordshire-wide initiative, working to improve the range of provision and support services available for children and young people with special educational needs and disabilities, aged 0-25.
Tel: Dacorum DSPL 07525 917125

Courses & Workshops

Dacorum

Hertfordshire's Local Offer

Information about services available in your local area for parents, children and young people aged 0-25 with special educational needs and disabilities (SEND).

www.hertfordshire.gov.uk/localoffer



ADD-vance

The ADD-vance ADHD and Autism Trust

www.add-vance.org

ADD-vance provides specialist information, training and advice for professionals, as well as support for children, adults and families on issues relating to Autism, Attention Deficit Hyperactivity Disorder (ADHD) and related conditions.

Information and Support Professionals and families can reach ADD-vance for information or support via:

Telephone Helpdesk: 01727 833963

Open Monday: Friday 9am - 1pm Answer phone service at other times. For more information on courses running in the area, see the website for more details.

Online Courses & Workshops

Warners End, Gadebridge, Chaulden & Hemel Central
Kings Langley & Villages



Parenting 1:1 Advice Sessions

January – April 2023

Booking is essential

If you would like to book onto any of these sessions or to find out more information, please contact Emma Christie on 07538 232069 or email: christie.gadesfs@kls.herts.sch.uk

Autism Support – 1:1 Advice Sessions

Date: Thursday 26th January 2023

Time: 9.30am – 10.00am, 10.05am – 10.35am, 10.40am – 11.10am and 11.15am – 11.45am

What's it about? Mandy Goode, Lead Teacher – Speech, Language, Communication & Autism team will be holding free 30 minute 1:1 advice for parents with children who have an Autistic Spectrum Disorder (ASD) Diagnosis or suspected ASD. This will be advice related to school/education.

Where: Gade Community Room, c/o Chaulden Junior School, School Row, Hemel Hempstead, HP1 2JU

Housing 1:1 Advice Sessions (via telephone)

Date: Thursday 26th January 2023

Time: 9.30am – 9.55am, 10.00am – 10.25am, 10.30am – 10.55am and 11.00am – 11.25am

What's it about? Speak to a member of Dacorum Borough Council Housing Team for a free 25-minute appointment who will offer advice and guidance to any housing queries.

Housing 1:1 Advice Sessions (via telephone)

Date: Tuesday 28th February 2023

Time: 9.30am – 9.55am, 10.00am – 10.25am, 10.30am – 10.55am and 11.00am – 11.25am

What's it about? Speak to a member of Dacorum Borough Council Housing Team for a free 25-minute appointment who will offer advice and guidance to any housing queries.

Autism Support – 1:1 Advice Sessions

Date: Wednesday 1st March 2023

Time: 9.30am – 10.00am, 10.05am – 10.35am, 10.40am – 11.10am and 11.15am – 11.45am

What's it about? Mandy Goode, Lead Teacher – Speech, Language, Communication & Autism team will be holding free 30 minute 1:1 advice for parents with children who have an Autistic Spectrum Disorder (ASD) Diagnosis or suspected ASD. This will be advice related to school/education.

Where: Gade Community Room, c/o Chaulden Junior School, School Row, Hemel Hempstead, HP1 2JU

Autism Support – 1:1 Advice Sessions

Date: Wednesday 29th March 2023

Time: 9.30am – 10.00am, 10.05am – 10.35am, 10.40am – 11.10am and 11.15am – 11.45am

What's it about? Mandy Goode, Lead Teacher – Speech, Language, Communication & Autism team will be holding free 30 minute 1:1 advice for parents with children who have an Autistic Spectrum Disorder (ASD) Diagnosis or suspected ASD. This will be advice related to school/education.

Where: Gade Community Room, c/o Chaulden Junior School, School Row, Hemel Hempstead, HP1 2JU

Online Courses & Workshops

Warners End, Gadebridge, Chaulden & Hemel Central
Kings Langley & Villages

Housing 1:1 Advice Sessions (via telephone)

Date: Thursday 30th March 2023

Time: 9.30am – 9.55am, 10.00am – 10.25am, 10.30am – 10.55am and 11.00am – 11.25am

What's it about? Speak to a member of Dacorum Borough Council Housing Team for a free 25-minute appointment who will offer advice and guidance to any housing queries.

Gade Schools Family Support are now a Foodbank collector, if you would like to make a contribution, donations would be gratefully received. Please bring any items into our office.



Online Courses & Workshops

Dacorum

Who are we?

HPCI is an independent organisation run by parent carers which works to shape and improve services and provision in Hertfordshire for children and young people with SEND (special educational needs and/or disabilities) aged 0-25 years.

We do this by putting the views and lived experience of families at the heart of strategic discussions and planning with Hertfordshire services across education, social care and health.

We are the parent carer forum for Hertfordshire recognised by Hertfordshire County Council, Hertfordshire's Clinical Commissioning Groups and the Department of Education. We are part of the national network of parent carer forums www.nnpcf.org.uk

HPCI is here to put forward the voice of all parent carers of children and young people with SEND in Hertfordshire.

Our voices are stronger together

Add your voice by joining HPCI – our contact details are on the other side of this leaflet.

What we do:

- Gather the views and experiences of parent carers.
- Train our parent carer representatives to be an effective voice to decision makers and services.
- Keep parents informed by providing them with SEND related information.
- Organise free events for parent carers.



Online Courses & Workshops

Dacorum



The parent carer forum for Hertfordshire
Our voices are stronger together



**Listening to
parent carers**



**Speaking up for
families with SEND**

Ensure your views and experience are heard

Join our free parent carer network online at
www.hertsparentcarers.org.uk
or phone us on 07840 360245

Find us on **HertsParentCarerInvolvement**

Follow us on **@HertsPCI**



Online Courses & Workshops

**Adeyfield, Highfield, Woodhall Farm & Grovehill,
 Bennetts End, Corner Hall, Leverstock Green
 Berkhamsted, Tring & Villages**



What we offer

- 1-2-1 sessions with our family workers
- Home visits
- Surgeries at your local school/virtual
- SEND Surgeries at your local school/virtual
- Subject specific online workshops
- Parenting advice and courses
- Help to access local services
- Signposting to counselling & wellbeing services
- Signposting to adult learning and development
- Positive activities for children, young people and their families
- 1-2-1 support for children and young people
- Domestic abuse support
- Family breakdown support
- Debt advice & signposting
- Specialist SEND support
- Wellbeing advice for children and young people

**Free,
Confidential
Advice and
Support
Service for Local
Families**

School Family Worker

A personal and confidential service that addresses any needs or concerns raised by the family or school



SEND School Family Worker

Specialist support for higher need SEND families



Pupil Support Worker

Specialist support for pupils to address an identified concern highlighted by the school or family. 1-2-1 and group work specific programmes



DFS North & East Partnership Schools

St Albert the Great, *Adeyfield, Aldbury, Ashlyns, Astley Cooper, *Aycliffe Drive, Belswains, *Brookwood, Chambersbury, Bishop Wood, Bridgewater, Broadfield, DESC, Dundale, Flamstead, Gaddesden Row, Goldfield, Great Gaddesden, Greenway, Grove Road, Hammond, Haywood Grove, Hobbs Hill Wood, Hobbetts Manor Infant, Hobbetts Manor Junior, Holtsmere End Infants, Holtsmere End Junior, Jupiter, Leverstock Green, Lime Walk, *Longdean, Little Gaddesden, Long Marston, Maple Grove, *Markyate, Potten End, Reddings, Roman Fields, St Bartholomews, St Mary's, St Thomas More, Swing Gate, The Thomas Coram, Tring, Tudor, Victoria, Westfield, Woodfield, Yewtree

*Signposting service only

**Dacorum Family Services North & East
 Office: 01442 401222 Ext 5
www.dacorumfamilyservices.org.uk
 Term Time only**

Online Courses & Workshops

Adeyfield, Highfield, Woodhall Farm & Grovehill,
Bennetts End, Corner Hall, Leverstock Green
Berkhamsted, Tring & Villages



FREE Workshops

For all parents/carers*

Sessions will be held via MS Teams

Lite Bite	Date	Time
Anxiety & Attendance	Tues 24 January 2023	6:00 to 7:30 pm
Helping your child to manage anger	Wed 15 March 2023	1:30 to 3:00 pm
Parenting Top Tips	Thurs 18 May 2023	9:30 to 11:00 am
Routines & Boundaries for your summer holidays	Tues 27 June 2023	6:00 to 7:30 pm

To book your place, please contact

Jan Nethercoat on:

jnethercoat@hobbshillwood.herts.sch.uk

Tel: 01442 401222 Ext: 5 (Term time only)

Please include contact details and name of child's school when booking

*at present sessions can only be offered to parents/carers of those children/YP who attend a DFS North & East Partnership School

www.dacorumfamilyservices.org.uk

Online Courses & Workshops

Dacorum



Autism | ADHD
Neurodiverse Conditions



Alternative Provision

Tutoring for children
with SEND

Effective, supportive tuition for neurodivergent children and young people. All tutoring is bespoke to the needs of each individual student. We offer face to face and online tuition for all ages in a wide range of subjects.

Individual Support
and Mentoring

Individual support including counselling, mentoring, coaching, animal assisted interventions, rural care and horticultural experiences. Bespoke to the needs of the individual.

Speech and
Language Therapy

Our qualified Speech and language therapists provide support with speech disorders and communication difficulties. They help develop skills such as comprehension, clarity, voice, fluency and sound production. All therapy is bespoke to the needs of the individual.

1-1 Therapeutic and
Therapy Sessions

Provided through a range of bespoke interventions tailored to the needs of each individual and run by professionals who have significant expertise in both their specific areas and working with neurodivergent children and young people.

For more information email:
alternativeprovision@spaceherts.org.uk



SEND FAMILY SUPPORT SERVICE

Does your child have additional needs?



Do you need a listening ear?
Do you need practical help or emotional support?

Why don't you contact our support team?

Appointments available to book via the website below:

<https://spaceherts.org.uk/familysupport>

For more information or general enquires regarding family support please email - support@spaceherts.org.uk

support@spaceherts.org.uk



www.spaceherts.org.uk



SEND Surgery Dates for 2022-23

Tuesday 24th January 2023
Tuesday 21st March 2023
Tuesday 16th May 2023
Tuesday 4th July 2023

Dacorum Family Services North & East is offering a 30 minute session with our SEND School Family Workers to answer questions and to offer support and signposting for parents/carers of children with additional needs.

Topics for discussion:

- Strategies to help support your child at home with challenging behaviour|
- EHCP queries
- Liaising with schools and other professionals
- Navigating the SEND world

To book, please go to www.dspl8.eventbrite.com and choose a 30 minute session, providing details of the topic that you would like to cover.

Dates are released termly on Eventbrite.

Surgeries may be held either by phone or Zoom/Teams. We will be in touch once your session has been confirmed.

Note: At present these surgeries can only be offered to parents/carers of those children/young people who attend a DFS North & East Partnership School:

St Albert the Great, Adeyfield, Aldbury, Ashlyns, Astley Cooper, Aycliffe Drive, Belswains, Brockwood, Chambersbury, Bishop Wood, Bridgewater, Broadfield, DESC, Dundale, Flamstead, Gaddesden Row, Goldfield, Great Gaddesden, Greenway, Grove Road, Hammond, Haywood Grove, Hobbs Hill Wood, Hobletts Manor Infant, Hobletts Manor Junior, Holtsmere End Infants, Holtsmere End Junior, Jupiter, Leverstock Green, Lime Walk, Longdean, Little Gaddesden, Long Marston, Maple Grove, Markyate, Potten End, Reddings, Roman Fields, St Bartholomews, St Mary's, St Thomas More, Swing Gate, The Thomas Coram, Tring, Tudor, Victoria, Westfield, Woodfield School, Yewtree

Online Courses & Workshops

Dacorum



Families In Focus CIC
LOOKING FORWARD TOGETHER

Families in Focus courses for parents of children with Special Education Needs and/or Disability (SEND) are also inclusive of parents whose children are on assessment pathways or waiting diagnosis

- > Families in Focus Complete guide to parenting children with SEND (FIF L1 D8)
Free for parents Living in Herts. inclusive of those on assessment pathways/awaiting diagnosis 2-11years
Starting Tuesdays 9.30-11.30am January 10th
- > Families in Focus Complete guide to parenting children with SEND (FIF L1 E6)
Free for parents living in Herts. inclusive of those on assessment pathways/awaiting diagnosis 2-11years
Starting Tuesdays 6.30-8.30pm January 10th
- > Families in Focus Handling anger of your child with Autism/ADHD (FIF ADHD E4)
Free for parents living in Herts. parenting primary aged children and inclusive of those on assessment pathways/awaiting diagnosis Starting Mondays 6.30-8.30pm January 9th
- > Families in Focus Handling anger of your child with Autism/ADHD (FIF ADHD D2)
Free for parents living in Herts. parenting primary aged children and inclusive of those on assessment pathways/awaiting diagnosis Starting Thursdays 9.30-11.30am January 5th

Please check website for details: www.familiesinfocus.co.uk



Families In Focus CIC
LOOKING FORWARD TOGETHER

Families in Focus courses for parents of primary aged children

- > Families in Focus Handling anger in your family (FIF L2 D1)
Free for parents living in Herts parenting primary aged children
Starting Wednesdays 10-12noon January 11th
- > Families in Focus Handling anger in your family (FIF L2 E1)
Free for parents living in Herts parenting primary aged children
Starting Wednesdays 6.30-8.30pm January 4th
- > Families in Focus Sleep Solutions (FIF L2 EVR)
Free for parents living in Herts parenting primary aged children
Starting Fridays 9.30-11.30am January 6th

Please check website for details: www.familiesinfocus.co.uk

- > **Parents:** email Francine and Lesley stating the course code and title of course: bookings@familiesinfocus.co.uk
- > **Practitioner/Service referrals:** Contact us via Herts FX or email Francine and Lesley stating the course code and title of course, parent name, email & mobile number: bookings@familiesinfocus.co.uk

Web: www.familiesinfocus.co.uk Email: bookings@familiesinfocus.co.uk

Online Courses & Workshops

Dacorum



Autism | ADHD
Neurodiverse Conditions

Starting SPACE

2 week courses:

3rd and 10th February

or

10th and 17th March

10am - 12pm, Stanstead Abbots, Nr Ware

Do you have a child aged 0-6 with additional needs?

Join us for an opportunity to meet other families in a similar situation to you and see a brief overview of how SPACE can offer guidance & support to you and your family

Open to parent/carers pre and post diagnosis

spaceherts.eventbrite.co.uk



Autism | ADHD
Neurodiverse Conditions

Lending SPACE Community Hub

If you live in Hertfordshire and your child has additional needs, visit us for:

- Hertfordshire's only specialist equipment Library: sensory, educational and practical resources FREE for families to borrow
- Friendly advice: help on equipment for your child's specific needs
- A listening ear: emotional and practical support
- Signposting: Knowledge and understanding of local resources, as well as community and statutory services

Stay for a drink and a chat with the SPACE team and other parent/carers. Children are welcome

Unit 19, The Maltings Business Centre, Roydon Road,
Stanstead Abbots, SG12 8HG

Mon, Wed and Sat - 9.30am - 12.30pm

lending-space@spaceherts.org.uk

01920 452 270

spaceherts.org.uk/lending-SPACE



Family Lives Spring Term Programme



Worried about your child? Join our free online and face to face groups and get support to help your child feel more confident and happier. The groups are for six weeks and delivered via Microsoft Teams or face to face.

Getting on with your Teens / Pre-teens

Face to Face in Hatfield

Tuesday 21st February to 28th March 2023

from 9.30am to 11.30am

Bringing up Confident SEN Children

Online Wednesday 25th Jan - 8th March 2023

from 7.00pm to 9.00pm

Bringing up Confident ADHD/ASD Children

Online Tuesday 21st Feb - 28th March 2023

from 7.00pm to 9.00pm

Bringing up Confident ADHD/ASD Children


Online Thursday 26th Jan to 9th March 2023

from 7.00pm to 9.00pm

For more information, contact Louise on 0204 522 8700/8701 or email services@familylives.org.uk

We build better family lives together

www.familylives.org.uk

 Find us on Facebook @FamilyLivesHertsandBeds



Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No.1077722. Registered address: 15-17 The Broadway, Hatfield, Hertfordshire, AL9 5HZ.

**Parent & Carer Courses
Spring Term 2023**



TALKING FAMILIES

Our FREE 6 week course for parents and carers of children aged 0-12 will cover

- 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.



Thursdays 8.00-9.30pm
5th Jan – 9th Feb
Online Course 553 zoom

Thursdays 9.30-11.30am
23rd Feb – 30th Mar
St Albans Course 552
Fleetville Family Centre

TALKING TEENS

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

- The Teen Brain: 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 and reduce conflict.



Thursdays 7.00-9.00pm
5th Jan – 9th Feb
Watford Course 556
Beechfield Family Centre

Mondays 7.45-9.15pm
20th Feb – 27th Mar
Online Course 554 zoom

Wednesdays 7.45-9.15pm
22nd Feb – 29th Mar
Online Course 555 zoom

Pre-booking essential

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

07512 709556

bookings@supportinglinks.co.uk

Quoting the Course ID

Parenting ADHD Skills

3 week online course

Tuesdays 24th Jan-7th Feb, 19:00-21:00

Increase your knowledge of ADHD and build a toolbox of strategies to support family life.



spaceherts.eventbrite.co.uk





Autism | ADHD
Neurodiverse Conditions

Community Events and Activities for Neurodiverse Children and Young People

FIND OUT MORE AND BOOK HERE:



spaceherts.eventbrite.co.uk

- Building confidence
- Making friends
- Developing skills
- Promoting self-esteem
- Having FUN
- Being themselves



Exclusive and Inclusive.

SPACE is also an SBLO (Short Break Local Offer) provider.
www.spaceherts.org.uk

TALKING DADS

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:



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

- 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.

Wednesdays 7.45-9.15pm

4th Jan – 8th Feb

Online Course 557

Tuesdays 7.45-9.15pm

21st Feb – 28th Mar

Online Course 558

TALKING ADDITIONAL NEEDS



Diagnosis not essential

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:

- 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 different needs within your family.

Wednesdays 9.30-11.30am

22nd Feb – 29th Mar

8th Oxhey Course 550

8th Oxhey Family Centre

Thursdays 8.00-9.30pm

23rd Feb – 30th Mar

Online Course 551

Courses are open to parents and carers living in Hertfordshire

Pre-booking essential

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

07512 709556 or bookings@supportinglinks.co.uk

Quoting the Course ID

www.supportinglinks.co.uk

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



These courses are provided free to parents by Hertfordshire County Council's Targeted Parenting Fund



Online Courses & Workshops

Dacorum

Parent & Carer Support TALKING ASD & ADHD Online Workshops Spring Term 2023

For parents and carers of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.

STRESS and ANXIETY

- The difference between stress and anxiety.
- Understanding anxiety related conditions amongst young people with ASD and/or ADHD.
- How to spot the non-verbal signs of stress.
- Common triggers amongst neurodiverse children.
- What an anxious child needs to feel safe and how to provide this.
- Strategies to engage an anxious or stressed child.
- The early warning signs of mental health problems.
- Where to access further help and support, locally and nationally.

RESPONDING TO ANGER

- The difference between healthy & unhealthy anger.
- The pattern that anger takes and how to spot the non-verbal signs early.
- Our own and our children's triggers.
- Techniques that stop angry and aggressive behaviour escalating and when to use them.
- How to respond to our child in meltdown, keeping ourselves, our child and siblings safe.
- Where to access further help and support, both locally and nationally.



**Tuesday 10th January
9.30-11.30am**

Workshop 559 Pre-booking essential via Eventbrite Link
<https://www.eventbrite.co.uk/e/talking-asd-adhd-anxiety-and-stress-for-parentscarers-in-herts-559-registration-458379604737>

**Wednesday 22nd February
7.30-9.30pm**

Workshop 560 Pre-booking essential via Eventbrite Link
<https://www.eventbrite.co.uk/e/talking-asd-adhd-anxiety-and-stress-for-parentscarers-in-herts-560-registration-458562411517>



**Monday 16th January
7.30-9.30pm**

Workshop 562 Pre-booking essential via Eventbrite Link
<https://www.eventbrite.co.uk/e/talking-asd-and-adhdresponding-to-anger-for-parentscarers-in-herts-562-registration-458706843517>

**Tuesday 7th March
12.30-2.30pm**

Workshop 561 Pre-booking essential via Eventbrite Link
<https://www.eventbrite.co.uk/e/talking-asd-and-adhdresponding-to-anger-for-parentscarers-in-herts-561-registration-458592962897>

info@supportinglinks.co.uk
www.supportinglinks.co.uk



Workshops are open to parents and carers living in Hertfordshire

Online Courses & Workshops

Dacorum



SPRING TERM 2023 FREE ONLINE WORKSHOPS

Wednesday 11th January	19:00-20:00	Puberty and Neurodiversity
Thursday 12th January	19:00-20:00	Understanding ADHD
Monday 16th January	10:00-12:00	Navigating the SEND World: Post 16
Monday 16th January	19:00-21:00	Autistic Girls
Tuesday 17th January	18:30-20:00	Anger and Conflict
Wednesday 18th January	10:00-12:00	ADHD in Girls and Women
Thursday 19th January	19:00-21:00	Navigating the SEND World: 0-16
Friday 20th January	10:00-12:00	PDA, ODD and ADHD
Monday 23rd January	19:00-20:30	Tourettes
Wednesday 25th January	10:00-12:00	Behaviour as Communication: A Therapeutic Approach
Wednesday 25th January	19:00-20:00	Understanding Autism
Thursday 26th January	19:00-21:00	EHCPs: New Application
Friday 27th January	10:00-12:00	Anxiety and SEND
Monday 30th January	10:00-12:00	Autism Plus: Co-occurring Conditions and Cognitive Theories
Tuesday 31st January	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
Friday 3rd February	10:00-12:00	Navigating the SEND World: 0-16
Monday 6th February	10:00-12:00	Sensory Signs, Signals and Solutions
Thursday 9th February	18:30-20:00	Mental Health in Neurodiverse Children and Young People
Friday 10th February	10:00-12:00	EHCPs - Annual Reviews
HALF TERM		
Monday 20th February	18:30-20:00	Specific Literacy Difficulties including Dyslexia
Wednesday 22nd February	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
Thursday 23rd February	19:00-21:00	Navigating the SEND World: 0-16
Friday 24th February	10:00-12:00	Behaviour as Communication: A Therapeutic Approach
Tuesday 28th February	10:00-12:00	Navigating the SEND World: Post 16
Thursday 2nd March	10:00-11:30	Tourettes
Friday 3rd March	10:00-11:00	Understanding ADHD
Wednesday 8th March	10:00-12:00	Autistic Girls
Wednesday 8th March	19:00-21:00	ADHD in Girls and Women
Friday 10th March	10:00-12:00	PDA, ODD and ADHD
Tuesday 14th March	10:00-12:00	Navigating the SEND World: 0-16
Tuesday 14th March	18:30-20:00	Supporting Learners with Demand Avoidance
Thursday 16th March	19:00-21:00	Sensory Signs, Signals and Solutions
Friday 17th March	10:00-12:00	Sleep Workshop
Monday 20th March	10:00-12:00	Anxiety and SEND
Friday 24th March	10:00-12:00	No Two Brains are the Same. What is Neurodiversity?
Monday 27th March	19:00-21:00	EHCPs: Submission to Finalisation
Tuesday 28th March	10:00-12:00	Autism Plus: Co-occurring Conditions and Cognitive Theories
Wednesday 29th March	10:00-11:00	Understanding Autism

spaceherts.eventbrite.co.uk

Online Courses & Workshops

Dacorum



SUPPORT GROUPS

FREE ONLINE SUPPORT GROUPS FOR HERTS PARENTS/CARERS

ABOUT THE GROUPS

ADD-vance runs regular support groups which provide an opportunity for you to meet other local parents and discuss individual concerns with two specialist ADD-vance coaches. We welcome parents and carers who have a formal diagnosis for their child, as well as those who do not have a formal diagnosis but would like to learn more about neurodiversity.

TIME AND PLACE

- General Primary Aged Children Support Group**
Tuesday 10/01/23 - 1-2 pm
- General Secondary Aged Children Support Group**
Tuesday 17/01/23 - 1-2 pm
- Support Group for Parents of 16-24 year olds**
Tuesday 24/01/23 - 7.30-8.30 pm
- General Early Years Support Group**
Tuesday 31/01/23 - 10-11am
- PDA Support Group**
Tuesday 07/02/23 - 1-2 pm
- ALL ONLINE VIA ZOOM**

01727 833963

herts@add-vance.org

http://www.add-vance.org/

Book your **FREE** ticket on <http://add-vance.eventbrite.com/> or visit our website <http://www.add-vance.org/>

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

Online Courses & Workshops

Dacorum

THE TEENAGE YEARS

For parents and carers of children aged 11-25yrs

- Teenage brain development and how it affects a child with ASD/ADHD.
- Reducing conflict by learning how to respond effectively to difficult situations.
- Strengthening your parent/child relationship.
- How to agree appropriate boundaries and teach risk assessment.
- Adapting our parenting approach to help our teens become independent adults.

COPING with CHANGE

- How children feel and behave when experiencing change.
- How to prepare children for changes such as starting a new school.
- How to support children during and after change by helping them to manage their emotions using effective stress reducing strategies.
- How children learn from new experiences and what to expect.

TECH USE

- How your child's diagnosis increases vulnerability online.
- What you can do to support any difficulties with online behaviour.
- Recognising when something is wrong.
- Managing difficult conversations with confidence.
- Setting and maintaining boundaries for online use.
- Teaching your child to develop their own methods of regulating internet use and staying safe.

SCHOOL AVOIDANCE

- What is Emotionally Based School Avoidance and is this what your child is experiencing?
- Common causes and triggers of school avoidance.
- How EBSA is affecting you and your family.
- Practical steps you can take to support your child.
- How to work with your school in your child's best interests.



Monday 23rd January
7.30-9.30pm

Workshop 564 Pre-booking essential via Eventbrite Link
<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-the-teenage-years-for-parentscarers-in-herts-564-registration-457025805487>



Monday 20th March
9.30-11.30am

Workshop 563 Pre-booking essential via Eventbrite Link
<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-coping-with-change-for-parentscarers-in-herts563-registration-458747164117>



Monday 27th February
9.30-11.30am

Workshop 565 Pre-booking essential via Eventbrite Link
<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-tech-use-565-for-parentscarers-in-herts-registration-457067209327>



Tuesday 31st January
7.30-9.30pm

Workshop 566 Pre-booking essential via Eventbrite Link
<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-school-avoidance-for-parentscarers-in-herts-566-registration-458728999787>



Sessions will be run over Zoom so you will need access to a device such as a phone, tablet or computer with a speaker or headphones. We will help you get set up if you haven't used Zoom before. No special skills are needed.



Online Courses & Workshops

Dacorum

Programmes & Courses for Targeted Parents January – April 2023

Dacorum District

Please contact us for the latest dates for Baby Massage, My Baby and Me, Little Learners, Early Talk and Young Explorers courses.

	Session, Date & Time	Venue
MON	Family Toolkit 27 th February – 20 th March 19:30: - 21:00	Virtual via Zoom
TUES		
WED	Strengthening Families, Strengthening Communities 18 th January - 10 th May 10:00 – 13:00 (excluding 15 th February and 5 th , 12 th April) Family Toolkit 11 th January – 1 st February 19:30: - 21:00	Intensive Family Support Team Offices, Greenhills Site, Tenzing Road Hemel Hempstead HP2 4HS Virtual via Zoom
THU	Families Feeling Safe 26 th January – 23 rd March 9:30 – 11:30 (excluding 16 th February)	Adeyfield Community Centre The Queens Square Hemel Hempstead HP2 4EW
FRI		

☎ 0208 016 1968 number for professionals only

🌐 Referrals: www.hertsfamilycentres.org/professionals-area



Online Courses & Workshops

Dacorum

UNDERSTANDING ADHD & AUTISM

FREE INTRODUCTORY 6-WEEK COURSES FOR PARENT/CARERS

ABOUT THE COURSE	TIME AND PLACE
This interactive course is designed for parents & carers of children aged 5 to 14 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism (or 4 & already in reception). ALL SESSIONS MUST BE ATTENDED	Thursdays 5th January to 9th February 10 am to 12 pm BEDMOND VILLAGE HALL, WD5 0QP Thursdays 5th January to 9th February 7 - 9 pm ONLINE VIA ZOOM Understanding Girls with ADHD and Autism Fridays 6th January to 10th February 10 am to 12 pm ONLINE VIA ZOOM




☎ 01727 833963 ✉ herts@add-vance.org ⚡ <http://www.add-vance.org/>

Book your FREE ticket on <http://add-vance.eventbrite.com/> or visit our website <http://www.add-vance.org/>

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

Online Courses & Workshops

Dacorum

FREE ONLINE SPRING 2023 WORKSHOPS FOR HERTS PARENTS/CARERS

Online Workshops funded by HCC	Audience	Day	Date	Time
Diagnosing ADHD and/or Autism	Parents/carers	Thu	5.1.23	10:00 - 11:30
Understanding ADHD	Parents/carers	Mon	9.1.23	10:00 - 11:30
Caring for Your Child (and Yourself)	Parents/carers	Tues	10.1.23	10:00 - 11:30
Tips & Tools to Build Self-Esteem	Parents/carers	Wed	11.1.23	10:00 - 11:30
Tips & Tools for Sleep	Parents/carers	Wed	11.1.23	19:00 - 20:30
Working in Partnership with School	Parents/carers	Mon	16.1.23	10:00 - 11:30
Tips & Tools to Support Communication	Parents/carers	Wed	18.1.23	10:00 - 11:30
Understanding Autism	Parents/carers	Wed	18.1.23	19:00 - 20:30
Applying for an EHCP	Parents/carers	Mon	23.1.23	10:00 - 11:30
Understanding PDA	Parents/carers	Tue	24.1.23	10:00 - 11:30
Tips & Tools to Teach Emotional Literacy	Parents/carers	Wed	25.1.23	10:00 - 11:30
Tips & Tools for Toileting	Parents/carers	Wed	25.1.23	19:00 - 20:30
Preparing for an EHCP Annual Review	Parents/carers	Mon	30.1.23	10:00 - 11:30
Understanding ADHD in Girls	Parents/carers	Tue	31.1.23	10:00 - 11:30
Tips & Tools to Support Learning	Parents/carers	Wed	1.2.23	10:00 - 11:30
Support for Dads	Parents/carers	Mon	6.2.23	19:00 - 20:30
Understanding Autism in Girls	Parents/carers	Tue	7.2.23	10:00 - 11:30
Tips & Tools to Manage Everyday Change	Parents/carers	Wed	8.2.23	10:00 - 11:30
Half Term				
Supporting Siblings	Parents/carers	Mon	20.2.23	10:00 - 11:30
Understanding Challenging Behaviour	Parents/carers	Tue	21.2.23	10:00 - 11:30
Tips & Tools to Manage Anger	Parents/carers	Wed	22.2.23	19:00 - 20:30
Supporting Transition into Primary School	Parents/carers	Mon	27.2.23	10:00 - 11:30
Understanding Sensory Differences	Parents/carers	Tue	28.2.23	10:00 - 11:30
Tips & Tools for Self Harm	Parents/carers	Wed	1.3.23	10:00 - 11:30
Tips & Tools to Manage Sensory Differences	Parents/carers	Wed	1.3.23	19:00 - 20:30
Supporting Transition into Secondary School	Parents/carers	Mon	6.3.23	10:00 - 11:30
Understanding Anxiety	Parents/carers	Tue	7.3.23	10:00 - 11:30
Tips & Tools to Support Puberty	Parents/carers	Wed	8.3.23	10:00 - 11:30
Tips & Tools to Manage Anxiety	Parents/carers	Wed	8.3.23	19:00 - 20:30
Tips & Tools for Positive Behaviour	Parents/carers	Mon	13.3.23	10:00 - 11:30
Preparing for Adulthood (14+)	Parents/carers	Wed	15.3.23	10:00 - 11:30
Understanding Neurodiverse Teens	Parents/carers	Wed	15.3.23	19:00 - 20:30
Tips & Tools to teach Social Skills	Parents/carers	Mon	20.3.23	10:00 - 11:30
Thinking About College?	Parents/carers	Tue	21.3.23	10:00 - 11:30
Thinking About University?	Parents/carers	Wed	22.3.23	10:00 - 11:30

01727 833963 | herts@add-vance.org | <http://www.add-vance.org/>

Book your FREE ticket on <http://add-vance.eventbrite.com/> or visit our website

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

Online Courses & Workshops

Dacorum

Programmes & Courses for Targeted Parents January – April 2023

Dacorum District

These programmes and courses have been designed specifically to support families experiencing one or more of the following:

- Worries about their child's learning and development stages
- Feelings of isolation
- Low levels of confidence and wellbeing
- Domestic Abuse
- Difficulties with their child's behaviour
- Challenges with keeping their child safe

Welcome to the World

For parents expecting a baby who are 22+ weeks into pregnancy. Prepare for life with a new baby. Meet other parents. Can come alone or with a friend or partner.

Families Feeling Safe

This course is to support a family's emotional wellbeing. The five workshops enable mothers, fathers and carers to:

- Improve relationships and communication
- Build on strengths and support networks
- Develop problem solving skills to help them feel safe
- Express feelings in a responsible way
- Improve emotional wellbeing

Family Toolkit

For families with children aged 2 to 5 years old. A great course to learn some new ideas about how to manage children's behaviour and get the best out of family life.

Baby Massage

For families with non-mobile babies who need support around isolation or responding to their baby.

Parenting Puzzle

For parents/carers of children aged 3 to 8 years to understand how emotions can influence actions and offer practical ways of guiding children so they learn to manage their feelings and control their behaviour.

My Baby & Me

A five week course for families with children aged 4 months to 1 year supporting parents to have a better understanding of how to respond to their child's feelings and how to provide safe play and learning opportunities that they can enjoy together to help their child to reach their developmental milestones.

Early Talk

A six week course to develop ideas to promote a child's communication and language. Run in partnership with the speech and language team.

Little Learners

A five week course for families with children aged 10 to 20 months supporting parents to have a better understanding of how to respond to their child's feelings and how to provide safe play and learning opportunities that they can enjoy together to help their child to reach their developmental milestones.

Young Explorers

A five week course for families with children aged 2 and above supporting parents to have a better understanding of how to respond to their child's feelings and how to provide safe play and learning opportunities that they can enjoy together to help their child to reach their developmental milestones.

OTHER COURSES

We have other courses available to support all families which include:

- First Aid
- Employment Support
- Various training

Email family_learning@inspireall.com for more information.

DOMESTIC VIOLENCE

Please note we can support families with issues around domestic violence. Please speak to us for more information.

FAMILIES MUST BE SIGNED UP

Please follow the QR code to sign up a family.



☎ 0208 016 1968 number for professionals only

🌐 Referrals: www.hertsfamilycentres.org/professionals-area



Online Courses & Workshops

Dacorum



ABOUT ME WORKSHOPS

Thursday (19:00 - 20:30) via Zoom

Book via Eventbrite www.eventbrite.co.uk/o/inspireall-hertfordshire-33161791911

Free workshops run by Trainingly, designed to increase and build emotional resilience and wellbeing.

26/01/2023 Mindfulness

02/02/2023 Self Care

09/02/2023 Positive Affirmations

16/02/2023 Healthy Relationships

Are you interested?

If you have a child under 5 and would like to find out more scan the QR code to complete our form or call the number below and we'll get in touch.



www.hertsfamilycentres.org

0300 123 7572

Online Courses & Workshops

Dacorum

The Secrets of Parenting Teens and Building Resilience

A FREE 6 week course for parents and carers of children aged 11+
 Funded by Hertfordshire County Council Children's Services **NOW AVAILABLE ONLINE**

Topics covered include:

- ◆ Teen development and the teen brain
- ◆ Building resilience/self esteem
- ◆ Temperament and its effects on behaviour
- ◆ Dealing with challenging behaviour
- ◆ Improving communication and relationships
- ◆ What is anxiety and how it is displayed in young people
- ◆ Looking at wellbeing and anxiety of teens and the impact on the wider family
- ◆ Tools for managing anxiety and conflict
- ◆ Setting boundaries and managing house rules/parenting styles and strategies
- ◆ The power of empathy in connecting with young people
- ◆ Tools for emotional health and wellbeing

ONLINE SESSIONS

Date: Monday 16th January for 6 weeks
 Time: 7.00pm to 9.00pm

Date: Thursday 23rd February for 6 weeks
 Time: 7.00pm to 9.00pm

Parents need to be referred onto this course or have a specific parenting need
To book contact:
Vicky Knight (Course Manager)
 Email: bookings@natural-flair.co.uk
 or call 01992 446 051

Natural Flair



Natural Flair Coaching Ltd
Presents
Natural Steps
To Strong, Resilient Families
A Protective Behaviours Approach to Emotional Wellbeing
Now offered as an online course



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.
NOW AVAILABLE ONLINE

Topics covered include:

- What it means to feel safe - how do we know?
- Problem solving and resilience skills
- How to support our child's worries
- Why do we get triggered? Our 'unwritten rules'
- How to build and maintain an effective support network
- Strategies to stay in control of our emotions
- What is behind anger and how this impacts behaviour

Dates: Day and evening courses available
Tuesday 17th January – 7pm to 9pm
or
Thursday 19th January – 9.30am to 11.30am
or
Tuesday 21st February – 7pm to 9pm

Venue: Available on your smart phone or laptop device in the comfort of your own home via a safe/secure link

Funded by:
Hertfordshire County Council,
Family Services Commissioning



This fun and inspiring online parent coaching course develops confidence, resilience and emotional wellbeing - It is packed full of strategies to support your family to manage their feelings and tips to support a calmer family life

Parents need to be referred onto this course or have a specific parenting need

For more information or to book a space please call
01992 446 051
Email: Bookings@natural-flair.co.uk




Wellbeing
FOR YOU

ABOUT ME
Every Thursday from 26th January - 16th February 2023
(19:00 - 20:30) via Zoom

A free 5 week course run by Trainingly, designed to increase and build emotional resilience and well being. Helps you to recognise your triggers, gain positive coping strategies when things go wrong.

Are you interested?

If you have a child under 5 and would like to find out more scan the QR code to complete our form or call the number below and we'll get in touch.



www.hertsfamilycentres.org

0300 123 7572

Online Courses & Workshops

Dacorum



Wellbeing
FOR YOU

SUPPORTING CHILDREN'S EMOTIONAL WELLBEING

Thursday 2nd February 10:00 - 11.30
Via Zoom

Following this session you will be able to understand what mindfulness and relaxation is. Implement some relaxation strategies at home for yourself and your child, to promote positive emotional wellbeing. Make sensory bottle/bag or play dough. Use tips and ideas on self-care and mindfulness to calm the stresses of family life.

Are you interested?

Booking via Eventbrite just click on the link below

<https://www.eventbrite.co.uk/e/supporting-childrens-emotional-wellbeing-02022023-1000-1130-tickets-473319169377?aff=ebdssbdestsearch>



www.hertsfamilycentres.org

0300 123 7572

Online Courses & Workshops

Dacorum

CALL FREE ON **0800 328 0006**

Struggling with debt?
FREE debt counselling in your community from an award winning charity

www.capdebthelp.org
facebook.com/CAPuk @CAPuk

Registered Office: 100-102, High Street, London, EC2A 4DF. Registered Charity No: 1057137
Charity registered in Scotland No: SC039795. Company Limited by Guarantee, Registered in England and Wales No: 4055375

CAP debt help

Every 20 minutes a property is repossessed. Debt devastates lives; it means parents struggle to feed their children, people feel suicidal, depressed and alone. CAP'S debt help service is one of the most in depth and holistic **FREE** services in the UK. We are uniquely placed to help vulnerable people, in particular low income, financially and socially disadvantaged people out of debt.

If you need help please ring our enquiries line on **0800 328 0006** to make an appointment.
Or contact CAP Centre Manager in Hemel Hempstead,
Owen Cooper on **01442 243 936** or email **owencooper@capuk.org**

To find out more information about Christians Against Poverty visit our website **www.capuk.org**

Online Courses & Workshops

Dacorum

18 months +



FREE

PHYSICAL FUN

See the website for the latest timetable
Weekly sessions

SESSION DETAILS

A fun, 90 minute active session suitable for children aged 18 months plus. Come and meet other local families and enjoy lots of fun games and play opportunities to support your child with their physical development.

FREE - drop in, older siblings welcome.

HOW TO BOOK
No need to Book

MORE INFORMATION
[hertsfamilycentres.org](https://www.hertsfamilycentres.org)
Call us on: 0300 123 7572



Online Courses & Workshops

Dacorum



Wellbeing FOR YOU

SUPPORTING CHILDREN'S EMOTIONAL WELLBEING

Tuesday 21st March 2023 13:00 - 14:30
Via Zoom

Following this session you will be able to understand what mindfulness and relaxation is. Implement some relaxation strategies at home for yourself and your child, to promote positive emotional wellbeing. Make a sensory bottle/bag or play dough. Use tips and ideas on self-care and mindfulness to calm the stresses of family life.

Are you interested?

Booking via Eventbrite just click on the link below
<https://www.eventbrite.co.uk/e/supporting-childrens-emotional-wellbeing-21032023-1300-1430-tickets-473342559337?aff=ebdssbdestsearch>



www.hertsfamilycentres.org

0300 123 7572

Online Courses & Workshops

Dacorum

6 - 18 months



ACTIVE RHYME TIME



See the website for the latest timetable
FREE - weekly drop in

SESSION DETAILS

A 45 minute session of fun, active rhymes and songs for your baby and toddler. A great way to meet other families and develop your child's communication and physical skills.
FREE - drop in, older siblings welcome.

HOW TO BOOK
No need to book

MORE INFORMATION

hertsfamilycentres.org
Call us on: 0300 123 7572



Online Courses & Workshops

Dacorum

Pre-walkers



BABY GROUP



See the website for the latest timetable
FREE - weekly drop in

SESSION DETAILS

Meet other families with young babies in a supportive, stimulating and friendly environment. During the 90 minute session there will be time for babies to play, discover more about their development and support your wellbeing as a new parent.

HOW TO BOOK
No need to book

MORE INFORMATION

hertsfamilycentres.org
Call us on: 0300 123 7572

