



Parenting Courses and Support in Dacorum Spring Term 2024

FREE courses open to parents in Dacorum

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Parenting courses, workshops & support

Schools Family Services and local providers in Dacorum are 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.

	Warners End, Gadebridge, Chaulden, Hemel Central, Kings Langley & Villages		Adeyfield, Highfield, Woodhall Farm, Grovehill, Bennetts End, Corner Hall, Leverstock Green, Berkhamsted, Tring & Villages		DSPL Dacorum		Online
	Dacorum						

Parenting Courses & Support

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Kings Langley Partnership of Schools
Working Together to Prepare our Children for the Challenges of Tomorrow

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 07538 232069.

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, Bovington 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: 07538 232069

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

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, 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, Yewtree

*Signposting service only

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



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



SEND Surgery Dates for 2023-24

Tuesday 23rd Jan 2024

Tuesday 19th Mar 2024

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, Brookwood, 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

Parent & Carer Support Spring Term 2024

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.



Thursdays 7.45-9.15pm

4th Jan to 8th Feb

Online Course: ID 624

Wednesdays 7.45-9.15pm

**7th Feb to 20th Mar
(no session in half term)**

Online Course: ID 625

TALKING ANGER in TEENS

6, weekly sessions for parents and carers of children aged 12-19, supporting you to:

- Understand why young people 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.



Tuesdays 7.45-9.30pm

**23rd Jan to 5th Mar
(no session in half term)**

Online Course: ID 626

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.



Wednesdays 7.45-9.15pm

3rd Jan to 7th Feb

Online Course: ID 627

Tuesdays 7.45-9.15pm

**6th Feb to 19th Mar
(no session in half term)**

Online Course: ID 628

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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.



Thursdays 8.00-9.30pm

**1st Feb to 14th Mar
(no session in half term)**

Online Course ID 623

Thursdays 9.30-11.30am

8th Feb to 21st Mar

Course ID 622

Waterside Family Centre, Rowans,
WGC AL7 1NZ

TALKING ANXIETY in FAMILIES

6, weekly sessions for parents and carers of all ages, 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.



Mondays 7.45-9.15pm

**29th Jan to 11th Mar
(no session in half term)**

Online Course ID 621

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.



Wednesdays 9.30-11.30am

**31st Jan to 13th Mar
(no session in half term)**

Course ID 620

Otley Way Family Centre,
Otley Way, Watford, WD19 7TB

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



Find us on
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Find us on:
facebook



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Families In Focus CIC
LOOKING FORWARD TOGETHER



Funded by
HCC Targeted
Parenting Fund

Handling anger in your family

Facilitated by founders, Lesley and Francine, our course aims to help parents:

Our award winning six session course if funded by Hertfordshire CC Targeted Parenting Fund and is FREE for parents of children aged 4 to 11 years living in Hertfordshire.

- Understand more about what triggers children's & parents anger
- Gain more understanding of children's common sleep issues
- Learn communication techniques to increase children's emotional regulation and decrease angry meltdowns
- Meet other parents and share experiences
- Learn techniques to manage stress, conflict and so much more....

6 x Monday mornings
9.30am to 11.30am
January 8th, 15th, 22nd, 29th & February 5th, 12th



Email Francine & Lesley to secure your free place:
bookings@familiesinfocus.co.uk or

visit our website to see course information:
www.familiesinfocus.co.uk





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Thursday mornings
9.30am to 11.30am
January 11th 18th 25th & February 1st 8th 15th



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Thursday mornings
9.30am to 11.30am
February 29th & March 7th 14th 21st 28th



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Wednesday evenings
7pm to 8.30pm
February 28th & March 6th 13th 20th 27th



Email Francine & Lesley to secure your free place:
bookings@familiesinfocus.co.uk or

visit our website to see course information:
www.familiesinfocus.co.uk



Handling anger of primary aged children with Autism or ADHD

Our award winning six-week course is funded by Hertfordshire County Council and FREE for parents of primary aged children with ADHD and/or Autism, living in Hertfordshire.

This course for parents provides practical support to understand why children and adults react with anger and provides proven techniques to reduce angry meltdowns and increase emotional regulation for the whole family.



**Wednesday mornings
9.30am to 11.30am**

**January 10th 17th 24th 31st &
February 7th 14th**

**Email Francine & Lesley:
bookings@familiesinfocus.co.uk**



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**Monday evenings
6.30pm to 8.30pm**

**January 29th &
February 5th 12th 26th &
March 4th 11th**

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bookings@familiesinfocus.co.uk**



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**Wednesday mornings
9.30am to 11.30am**

**February 28th &
March 6th 13th 20th 27th**

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bookings@familiesinfocus.co.uk**



Families In Focus CIC
LOOKING FORWARD TOGETHER



Hertfordshire
Funded by HCC
Targeted Parenting Fund



A complete guide to parenting neurodiverse children

FREE, award winning 10 - week course is for those parents living in Hertfordshire and parenting children with Autism or ADHD (inclusive of those with a diagnosis or awaiting assessment) aged two to 11 years.

Facilitated by founders, Lesley and Francine, our course aims to help parents:

- Gain a greater understanding and answer the question, 'Why does my child do that?'
- Learn a range of strategies and solutions, to better manage behaviours that challenge
- Understand sensory needs of children
- Increase understanding of children's common sleep issues
- Learn how to support siblings living with a neurodiverse sister/brother
- Communicate effectively with children to increase children's emotional regulation
- Meet other parents living in families similar and share experiences
- Learn techniques to manage stress, conflict and so much more....

Tuesday mornings 9.30am to 11.30am
January 9th 16th 23rd 30th & Feb 6th 13th 27th & March 5th 12th 19th



Email Francine & Lesley to secure your free place: bookings@familiesinfocus.co.uk or visit our website to see all course information: www.familiesinfocus.co.uk



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Tuesday evenings from 6.30pm to 8.30pm
January 9th 16th 23rd 30th & February 6th 13th 27th & March 5th 12th 19th



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ADD-vance

The ADHD and Autism Trust

ABOUT ADD-VANCE

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.

Herts parent/carers & professionals can reach ADD-vance for information or support via:

Telephone Helpdesk: 01727 833963

Open: Monday - Friday, 9am - 1pm
(Answer phone service at other times)

Email: herts@add-vance.org

For more information on our courses, workshops & support groups please see our website:

www.add-vance.org



ADD-vance
The ADHD and Autism Trust



UNDERSTANDING ADHD & AUTISM FOR DADS

FREE INTRODUCTORY 6-WEEK COURSES FOR PARENTS/CARERS

ABOUT THE COURSE

These interactive courses are designed for dads /male carers of children with a diagnosis or suspected diagnosis of ADHD and/or Autism.

ALL SESSIONS MUST BE ATTENDED

TIME AND PLACE

Understanding ADHD and Autism for Dads
Wednesdays - 10th Jan - 14th Feb 2024
7 - 9 pm **ONLINE**

Understanding ADHD and Autism for Dads (plus wider family)
Wednesdays - 14th Feb - 27th Mar 2024 (no session half term week)
10 am to 12 pm **ONLINE**

Understanding ADHD and Autism in the Early Years for Dads
Wednesdays - 14th Feb - 27th Mar 2024 (no session half term week)
7 to 9 pm **ONLINE**


☎ 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's Targeted Parenting Fund and are open to residents of Hertfordshire only


ADD-vance
 The ADHD and Autism Trust



UNDERSTANDING ADHD & AUTISM IN GIRLS

FREE INTRODUCTORY 6-WEEK COURSE FOR PARENTS/CARERS

ABOUT THE COURSE

This interactive course is designed for parents & carers of girls 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

TIME AND PLACE

Thursdays
 11th Jan to 15th Feb 2024
 10 am - 12 pm

ONLINE

PRIORITY PLACES AVAILABLE FOR RESIDENTS OF BROXBOURNE DISTRICT

☎ 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's Targeted Parenting Fund and are open to residents of Hertfordshire only


ADD-vance
 The ADHD and Autism Trust






UNDERSTANDING ADHD & AUTISM IN THE PRIMARY YEARS

FREE INTRODUCTORY 6-WEEK COURSES FOR PARENTS/CARERS

ABOUT THE COURSE

This interactive course is designed for parents & carers of children aged 5 to 11 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism (or 4 & already in reception).

ALL SESSIONS MUST BE ATTENDED

TIME AND PLACE

Tuesdays - **FULLY BOOKED**
 9th Jan - 13th Feb 2024
 7 to 9 pm **ONLINE**

Tuesdays
 13th Feb - 26th Mar 2024 (no session half term week)
 10 am to 12 pm **ONLINE**

☎ 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/>

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ADD-vance
The ADHD and Autism Trust



UNDERSTANDING ADHD & AUTISM IN THE EARLY YEARS

FREE INTRODUCTORY 6-WEEK COURSE FOR PARENTS/CARERS

ABOUT THE COURSE

This interactive course is designed for parents & carers of children aged 2 to 5 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism

TIME AND PLACE

Wednesdays
10th Jan - 14th Feb 2024
9.30 to 11.30 am **ONLINE**

Understanding ADHD and Autism in the Early Years for Dads
Wednesdays - 14th Feb - 27th Mar 2024
(no session half term week)
7 to 9 pm **ONLINE**

☎ 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's Targeted Parenting Fund and are open to residents of Hertfordshire only



ADD-vance
The ADHD and Autism Trust



UNDERSTANDING ADHD & AUTISM (TEEN YEARS)

FREE 6-WEEK COURSE FOR PARENTS/CARERS OF TEENS

ABOUT THE COURSE

This interactive course is designed for parents/carers of children aged 12 to 15 yrs (or 11 yrs & in secondary school) with a diagnosis or suspected diagnosis of ADHD and/or Autism.

TIME AND PLACE

Thursdays
11th Jan to 15th Feb 2024
10 am to 12 pm

**Oval Community Centre
Stevenage
SG1 5RD**

☎ 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/>

This course is funded by Hertfordshire County Council's Targeted Parenting Fund and is open to residents of Hertfordshire only



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
Tues 9/1 & 06/2 - 1.30-2.30 pm

General Secondary Aged Children Support Group
Tues 16/1 & 13/2 - 1.30-2.30 pm

Parents/Carers of 16 to 24 yrs Support Group
Wed 24/1 - 7.30-8.30 pm

PDA Support Group
Tues 30/1 - 1.30-2.30 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 open to residents of Hertfordshire only



FREE ONLINE SPRING 2024 WORKSHOPS

FOR HERTS PARENTS/CARERS

Online Workshops funded by HCC	Audience	Day	Date	Time	Location
Identifying ADHD and/or Autism	Parents/carers	Mon	8.1.24	10:00 - 11:30	Online
Understanding ADHD	Parents/carers	Wed	10.1.24	19:00 - 20:30	Online
Understanding Autism	Parents/carers	Thu	11.1.24	10:00 - 11:30	Online
Understanding PDA	Parents/carers	Mon	15.1.24	19:00 - 20:30	Online
Understanding Autism in Girls	Parents/carers	Wed	17.1.24	10:00 - 11:30	Online
Understanding ADHD in Girls	Parents/carers	Thu	18.1.24	10:00 - 11:30	Online
Support for Dads	Parents/carers	Mon	22.1.24	19:00 - 20:30	Online
Understanding Challenging Behaviour	Parents/carers	Wed	24.1.24	10:00 - 11:30	Online
Tips & Tools to Manage Anger	Parents/carers	Thu	25.1.24	10:00 - 11:30	Online
Understanding Sensory Differences	Parents/carers	Mon	29.1.24	19:00 - 20:30	Online
Tips & Tools to Manage Sensory Differences	Parents/carers	Wed	31.1.24	10:00 - 11:30	Online
Supporting Siblings	Parents/carers	Mon	5.2.24	19:00 - 20:30	Online
Tips & Tools to Support Learning (Executive Function)	Parents/carers	Wed	7.2.24	10:00 - 11:30	Online
Tips & Tools to Build Self-Esteem	Parents/carers	Thu	8.2.24	10:00 - 11:30	Online
Tips & Tools to Support Social Skills	Parents/carers	Mon	12.2.24	10:00 - 11:30	Online
Tips & Tools to Manage School Avoidance	Parents/carers	Wed	14.2.24	10:00 - 11:30	Online
Half Term					
Tips & Tools to Support Emotional Development	Parents/carers	Mon	26.2.24	19:00 - 20:30	Online
Tips & Tools to Support Communication	Parents/carers	Wed	28.2.24	10:00 - 11:30	Online
Tips & Tools to Manage Eating Difficulties	Parents/carers	Thu	29.2.24	10:00 - 11:30	Online
Tips & Tools to Encourage Positive Behaviour	Parents/carers	Mon	4.3.24	10:00 - 11:30	Online
Understanding Medication Options	Parents/carers	Wed	6.3.24	10:00 - 11:30	Online
Understanding Anxiety	Parents/carers	Mon	11.3.24	19:00 - 20:30	Online
Tips & Tools to Manage Anxiety	Parents/carers	Wed	13.3.24	10:00 - 11:30	Online
Tips & Tools to Manage Everyday Changes	Parents/carers	Mon	18.3.24	19:00 - 20:30	Online
Understanding Neurodiverse Teens	Parents/carers	Wed	20.3.24	10:00 - 11:30	Online
Preparing for Adulthood	Parents/carers	Mon	25.3.24	19:00 - 20:30	Online
Tips & Tools to Support Puberty	Parents/carers	Wed	27.3.24	10:00 - 11:30	Online

"What a fantastic workshop - thank you so much! I've taken away a wealth of information"

"That was so amazing. I have done many training sessions about ASD through my work but that was the most honest & informative session I have ever had"

"Absolutely incredible workshop, it has been extremely beneficial to my child"

Hertfordshire County Council funded workshops - Recordings are sent to all registered participants to view for 7 days, even if you don't attend live.

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's Targeted Parenting Fund and are open to residents of Hertfordshire only

Neurodiversity Support Hub

For Parents, Carers and Professionals

We can offer support, signposting and guidance about a whole range of things including but not limited to:

- Understanding ADHD/Autism
- Distressed Behaviours
- Anxiety
- School

No
Diagnosis
Required

The phones are answered by our team of parents and carers of neurodivergent children and young people



Are you a
Parent, Carer
or
Professional?

01727 833963



supporthub@add-vance.org

**Open Monday-Friday
9 AM - 1PM**



Here to support, reach out for a listening ear

We Can't:

- Give updates/ fast track places on waiting lists
- Recommend specific private assessors



SEND Chat and Play

The BECC Family Centre, WD6 2FD, Monday 10:00 - 11:00
8th & 22nd January, 5th & 19th February, 4th & 18th March, 15th & 29th April

Sopwell Family Centre, AL1 2LD, Wednesday 11:00 - 12:00
3rd Jan, 7th Feb, 6th March, 3rd April

Grovehill & Woodhall Farm Adventure Playground, HP2 7BA, Wednesday 11:00 - 12:00
3rd, 17th & 31st Jan, 14th & 28th Feb, 13th & 27th March, 10th & 24th April

Beechfield Family Centre, WD24 5TY, Thursday 10:00 - 11:00
11th & 25th Jan, 8th & 22nd Feb, 7th & 21st March, 4th & 18th April



www.hertsfamilycentres.org



0300 123 7572



SUPPORTING CHILDREN'S EMOTIONAL WELLBEING

Thursday 22nd February 2024, 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 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-11112023-0930-1100-tickets-676503418937?aff=ebdsoporgprofile>



www.hertsfamilycentres.org

0300 123 7572



SUPPORTING CHILDREN'S EMOTIONAL WELLBEING

Wednesday 20th March 2024, 18:00 - 19:30
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-11112023-0930-1100-tickets-676503418937?aff=ebdsoporgprofile>



www.hertsfamilycentres.org

0300 123 7572

Parenting Support



FAMILY TOOLKIT

Highfield Community Centre, Hemel Hempstead, HP2 5SB
Thursday 7th - 28th March 2024, 09:30 - 11:30

SESSION DETAILS

FREE 4 week course, do you have a child aged two to five years old? This is a great course to learn some new ideas about how to manage your child's behaviour and get the best out of family life.

Creche available



HOW TO BOOK

Ring us on 0300 123 7572

MORE INFORMATION

hertsfamilycentres.org
Call us on 0300 123 7572



Parental Support



FAMILIES FEELING SAFE

Gadebridge Community Centre, Hemel Hempstead, HP1 3LG
Tuesday 23rd Jan - 19th March (not on 20th February)
09:30 - 11:30 - FREE 8 week course
Free creche available

SESSION DETAILS

A free 8 week course to enable parents and carers to recognise and build on their own strengths in managing and understanding their children's behaviour. The course includes communicating with others, expressing feelings and making safe choices.

HOW TO BOOK

CALL 0300 123 7572

MORE INFORMATION

hertsfamilycentres.org



SPRING TERM 2024 **FREE ONLINE WORKSHOPS**

SPACE HERTFORDSHIRE

Monday 8th January	10:00-12:00	EHCP New Applications
Tuesday 9th January	18:30-20:00	Autistic Girls
Wednesday 10th January	10:00-11:30	Anger and Conflict
Thursday 11th January	18:30-20:30	Navigating the SEND World
Friday 12th January	10:00-11:00	Understanding Autism
Monday 15th January	18:30-20:00	Understanding Specific Literacy Difficulties Including Dyslexia
Wednesday 17th January	10:00-12:00	Anxiety and SEND
Thursday 18th January	19:00-20:00	Understanding ADHD
Friday 19th January	10:00-12:00	Navigating the SEND World Post 16
Monday 22nd January	19:00-21:00	Sensory Signs, Signals and Solutions
Thursday 25th January	18:30-20:30	ADHD in Girls and Women
Friday 26th January	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
Monday 29th January	10:00-12:00	Autism Plus: Co-occurring Conditions and Cognitive Theories
Monday 29th January	18:30-20:00	Access Arrangements
Wednesday 31st January	10:00-12:00	Understanding Behaviour as Communication
Friday 2nd February	10:00-12:00	PDA, ODD and ADHD: Understanding the Differences
Monday 5th February	19:00-21:00	Sleep Workshop
Tuesday 6th February	10:00-11:30	Understanding and Supporting Executive Functioning Difficulties
Friday 9th February	10:00-12:00	No Two Brains Are The Same: What is Neurodiversity
Monday 12th February	18:30-20:00	Understanding and Supporting Emotional Regulation
Wednesday 14th February	10:00-12:00	Navigating the SEND World Post 16
Thursday 15th February	10:00-11:30	Tourettes
Friday 16th February	10:00-12:00	Anxiety and SEND
HALF TERM		
Monday 26th February	19:00-20:30	EHCP: Annual Reviews
Tuesday 27th February	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
Wednesday 28th February	10:00-12:00	Navigating the SEND World
Thursday 29th February	19:00-20:00	Understanding Autism
Friday 1st March	10:00-12:00	PDA, ODD and ADHD: Understanding the Differences
Wednesday 6th March	10:00-12:00	Anxiety and SEND
Thursday 7th March	10:00-11:30	Understanding Specific Literacy Difficulties Including Dyslexia
Thursday 7th March	18:30-20:00	Tourettes
Friday 8th March	10:00-11:30	Autistic Girls
Monday 11th March	18:30-20:00	Understanding and Supporting Executive Functioning Difficulties
Thursday 14th March	10:00-12:00	Navigating the SEND World Post 16
Friday 15th March	10:00-12:00	Sleep Workshop
Monday 18th March	10:00-12:00	ADHD in Girls and Women
Wednesday 20th March	10:00-12:00	Sensory Signs, Signals and Solutions
Thursday 21st March	18:30-20:00	Anger and Conflict
Friday 22nd March	10:00-12:00	Anxiety and SEND
Monday 25th March	10:00-12:00	Navigating the SEND World
Tuesday 26th March	10:00-11:00	Understanding ADHD
Tuesday 26th March	19:00-21:00	EHCP Process from Submission to Finalisation
Thursday 28th March	10:00-11:30	Understanding and Supporting Emotional Regulation



The majority of these workshops are funded by
The Targeted Parenting Fund



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



Autism | ADHD
Neurodiverse Conditions

Hoddesdon Group



First Wednesday of the month
St Cuthbert's Church, Whitley Road,
Hoddesdon, EN11 0PU
10am - 12pm

Croxley Green Group



Third Tuesday of the month
The Kitchen, 198 Watford Road, Croxley Green,
Rickmansworth WD3 3DB
7pm - 9pm

Our friendly groups for parents and carers run monthly during term time.
Whether your child has a diagnosis, you are just starting out on the pathway or are somewhere
in between we would love you to join us.

These groups are a great way to meet other parents as well as members of the SPACE team.
We will often welcome professional speakers talking about different topics tailored as much as
possible to the needs of the group

Check In and Chat



Third Wednesday of the month
Online via Zoom
7pm - 8pm

Welwyn Garden City Group



Last Thursday of the month
WGC Bowls Club, 288 Knightsfield,
Welwyn Garden City, AL8 7NQ
10am - 12pm

*All groups are subject to change, correct at time of printing
Please check SPACE on Eventbrite for latest information*



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

SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM | ADHD | NEURODIVERSE CONDITIONS
REGISTERED CHARITY ENGLAND AND WALES NO: 117 2178

Navigating the SEND World

4 weeks course in person or online

Multiple dates starting in January and February.



Course Outcomes

- Feel less isolated and more empowered to seek support.
- Increase awareness of what services are available
 - Learn the acronyms and language
 - Understand the referral systems
- Navigate the Herts SEND Local Offer across health, education and social care
- Improve understanding of the diagnosis pathway
 - Feel confident about what to do next

spaceherts.eventbrite.co.uk



Sleep Tight



3 week online course

Tuesdays 5th, 12th and 19th March, 10am-12pm

Build a toolbox of strategies to help overcome sleep issues and help everyone in the family have improved sleep

Explore common challenges with sleep - how SEND affects sleep and sleep affects SEND

Identifying and Managing Sleep Problems

Sleep hygiene, bedtime routines, positive bedtimes and sleep friendly bedrooms



spaceherts.eventbrite.co.uk



Parenting ADHD Skills

3 week online course

Tuesdays 16th, 23rd and 30th January, 10am-12pm



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



spaceherts.eventbrite.co.uk



First Steps

A free 6-week Course for Parents and Carers of Autistic Children in the Early Years
No diagnosis necessary



Course content:

- Understanding neurodiversity
- Understanding sensory needs
- Understanding communication differences and preferences
 - Supporting and modelling interactions, inventions, and strategies
- Understanding and supporting behaviour
 - Supporting and promoting independence skills

Over the course of the 6 weeks you will develop a toolkit of strategies and interventions tailored to your family and specifically designed to support your child's wellbeing and social development.

No Diagnosis Necessary

Carter's Sunflowers, WELWYN GARDEN CITY

10am-12pm, Monday Mornings
January 8th, 15th, 22nd, 29th & February 5th and 12th



Autism | ADHD
Neurodiverse Conditions

www.spaceherts.org.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

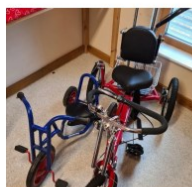
Unit 19, The Maltings Business Centre, Roydon Road,
Stanstead Abbots, SG12 8HG

Mon, Wed and Sat - 9.30am - 12.30pm

lendingspace@spaceherts.org.uk

01920 452 270

spaceherts.org.uk/lending-SPACE



Families Feeling Safe

Supporting families with Protective Behaviours

**HEMEL
HEMPSTEAD
starting
January 2024**

**A FREE course for Mums, Dads,
Step-Parents and Carers of
children pre-birth-11yrs**



**Tuesday mornings
9.30am—11.30am
23, 30 Jan, 6, 13, 27 Feb, 5, 12 & 19 March
2024**

**At
Gadebridge Community Centre
Rossgate, Gadebridge, Hemel Hempstead
HP1 3LG
Creche available**



Please like us on Facebook for further updates @familiesfeelsafe

Are you looking for some strategies and new ideas to help improve family life? This course can help you to

- ♦ Understand how Feelings, Thoughts and Behaviour link together
- ♦ Understand what may be influencing your child's behaviour
- ♦ Respond to a range of feelings e.g. stress, anger, anxiety and worries
- ♦ Improve communication to build better relationships
- ♦ Build on your own and your child's strengths
- ♦ Learn strategies to help you and your family feel safe

Places are for families with children pre-birth up to 11yrs old (with one or more children under 5 years).

For eligibility and to book your FREE place please contact:

enquiries@familiesfeelsafe.co.uk

Tel: 07748 332606



Families Feeling Safe Protective Behaviours Services has been funded through HCC to provide Families Feeling Safe programmes across Hertfordshire. We deliver Protective Behaviours training for professionals and provide programmes and workshops to children and their families. www.familiesfeelsafe.co.uk E-mail: enquiries@familiesfeelsafe.co.uk



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**



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



Spring 2024 groups and workshops

All our programmes provide support, information and resources to parents/carers and adult family members so they can help their children reach their full potential. For more information, please contact Louise on 0204 522 8700/8701 or email services@familylives.org.uk

Bringing Up Confident ADHD/ASD Children (6 weeks) Online group

Thursday 25 January to 7 March 9.30am - 11.30am via MS Team

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.

Less Shouting, More Cooperation (6 weeks) Online group

Tuesday 30 January 12 March 7pm - 9pm

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.

Sorting Out Family Arguments (6 weeks) Online group

Wednesday 7 Feb - 20 March 9.30am - 11.30am

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.

Getting on with your Pre Teen / Teen (6 weeks) Online group

Tuesday 6 February 19 March 9.30am - 11.30am

Is your teen feeling anxious or isolated? Are you concerned about their mental health and struggling to get help? 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.

Dads Together (6 weeks) Online group

Tuesday 6 February 19 March 7pm - 9pm

Are you a dad who feels 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.

Anxiety around ADHD Workshop - Online

Wednesday 17 January 7pm - 9pm

This workshop helps parents/carers understand what ADHD is, why it makes sense for a child to be anxious if they have ADHD, strategies to help support you and your child, plus signposting to other support that is available.

Reducing Conflict Workshops - Online

Thursday 14 March 9.30 - 11.30 AND Wednesday 20 March 7pm - 9pm

This workshop explores different types of conflict between couples and families. Provides support in understanding the causes and impact of parental and family conflict on children and gives practical steps and strategies.

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.



Parenting SEN children when separated online programme



A 6-session programme, specifically tailored to help separated parents navigate the complexities of co-parenting and provide the best possible support for their SEND child. This is a valuable opportunity to enhance co-parenting skills, support children's development and build a strong foundation for the future.

Who should attend?

- Separated parents raising children with SEND.
- Parents seeking guidance, support, and strategies for co-parenting SEN children more consistently.
- Parents wanting to create a positive and supportive environment for their child's development.



Three courses will be delivered by MS Teams, from 7pm to 9pm, over 6 sessions, on the following dates:

- Wednesdays 10, 17, 24, 31 January and 7, 14 February 2024
- Thursdays: 11, 18 & 25 January and 1, 8 & 15 February 2024
- Mondays: 29 January, 5, 12 & 26 February and 4 & 11 March 2024

For more information or to make a referral, scan the QR code, email services@familylives.org.uk or call 0204 522 8700 or 0204 522 8699

SCAN ME



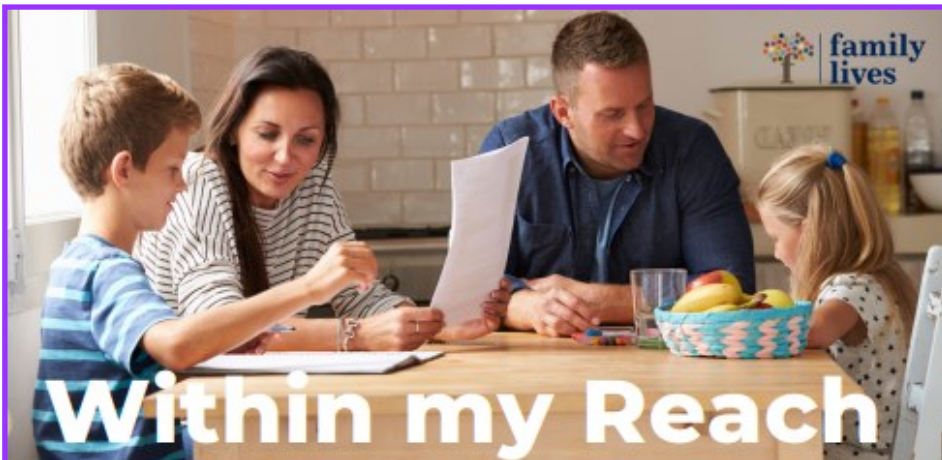
We build better family lives together

www.familylives.org.uk

 @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.



Within my Reach

An online programme for parents of neurodiverse children who are living together or apart

This programme is designed specifically for parents living together or apart, who are facing conflicts and struggling to find common ground in raising their neurodiverse child. This is a valuable opportunity to enhance relationships, strengthen parenting skills and create a more harmonious home environment.

Who should attend?

- Parents who are experiencing conflicts and challenges due to the neurodiversity of their child
- Parents who want to improve communication and build stronger partnership in parenting and co-parenting their neurodiverse child.
- Parents seeking guidance, support, and practical strategies to navigate the unique challenges of raising a neurodiverse child.

These 2 courses will be delivered by MS Teams, over 8 sessions, on the following dates/times:

- Tuesdays & Thursdays from 27th February to 21 March 2024, 7.00pm to 9.00pm
- Wednesdays & Saturdays from 28th February to 23 March 2024, (Wednesday 7.00pm to 9.00pm & Saturday 10am -12pm)

For more information or to make a referral, scan the QR code, email services@familylives.org.uk or call 0204 522 8700 or 0204 522 8699

SCAN ME



We build better family lives together

www.familylives.org.uk

@FamilyLivesHertsandBeds



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Stronger Relationships Online Course

For parents and other adult carers living together or apart



- Do you want to get some new ideas to help you be an even better parent?
- Would you like to reduce the arguments and disagreements in your family and cope better with stress?
- Would you like to enhance your relationship with your current partner, or improve communication with your ex or the other people helping to raise your children?
- How about learning at a time that suits you?



6 online sessions



6 group discussions



Certificate on completion



Information on strategies to identify and reduce arguments



Hear from other parents and carers



Downloadable worksheets and handouts



Videos, quizzes and interactive activities



Do sessions at a time that works for you



Weekly support from our course experts

TOPICS COVERED

- Healthy adult relationships
- Identifying and managing disagreements
- Understanding how conflict affects your children
- Enhancing parent-child relationships
- Managing stress, anger and emotions
- Strategies to resolve conflict and create a parenting agreement

GROUP DISCUSSION

- Speak to a course expert and get answers to some of the questions you might have
- Talk about how the strategies are going at home and how to adjust them for you
- Address other difficulties relating to your relationships
- Hear from others about what works for them

Find out more or register for the course:

sfscparent@racefound.org.uk
www.strengthening-families.net



Online relationship support for parents



Parents in this area can now access **THREE ONLINE COURSES** from the relationship experts at OnePlusOne. Learn to cope with stress and communicate better, wherever you are in your parenting journey.



FOR ALL PARENTS

Arguing better

Disagreements are a normal part of life. How you approach them can make all the difference to you, your partner, and your children. You will learn:

- How to recognise stress and how it can affect you.
- How to support each other through difficult times.
- What causes arguments and how to stop them.



FOR NEW PARENTS

Me, You and Baby Too

Learn how to navigate the changes that happen in a relationship when a baby arrives, including:

- How you and your partner can support each other.
- How to talk to bring up difficult topics.
- How arguments start, and how to stop them.



FOR SEPARATING PARENTS

Getting it right for children

When parents are separating or separated, children can often get caught in the middle. Learn how to manage conflict to minimise the impact it has on your children, as well as:

- How to stop a discussion from turning into an argument.
- How to stay calm and listen as well as talk.
- Skills for finding solutions and making compromises.

To access the courses, you will need a smartphone, tablet, or computer, and a good internet connection. They are all **FREE** to use, so you'll just need to select your local authority area and create an account with a username and password.

You can get started by scanning the QR code or visiting:
www.oneplusone.org.uk/parents



Hertfordshire's SEND 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



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, Christina Bird on **07395 071418** or email christinabird@capuk.org

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

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.dacorumspl.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

Ruth Mason, DSPL8 Manager

Ashley Fabray, DSPL8 Support Officer

Dacorum



**Delivering Special
Provision Locally**

www.dacorumspl.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

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 (bookings open monthly on Eventbrite):

Wednesday	10.01.2024	10:00 - 11:30
Tuesday	06.02.2024	10:00 - 11:30
Thursday	29.02.2024	19:00-20:30
Wednesday	20.03.2024	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.



**Delivering Special
Provision Locally**



Emotional Based School Avoidance (EBSA) Coffee Morning for Mums, Dads & Carers

Tuesday 30th January 2024
Thursday 21st March 2024

10.30am- 12pm

Location; Myatt Room, Hobbs Hill Wood Primary School,
Peascroft Road, HP3 8ER

- Does your child's school avoidance affect you as a Parent/ Carer?
- Would you like a safe space to share your experiences with others?

Jo, Sahira and Kayleigh our SEND School Family Workers will be hosting an informal coffee morning for you to share experiences and support each other.



Booking Link: www.dspl8.eventbrite.com

(Eventbrite bookings are opened the month prior to the event)

Fully funded by DSPL8 for Dacorum families



Delivering Special
Provision Locally



Anxiety Unravelled

Supporting my child with Anxiety

Feb 28th, March 6th & March 13th 2024 at 8-9PM

Highlights

- ✓ Three, 1hr sessions
- ✓ Live or on-demand
- ✓ Lifetime access

A three-session online course for parents

The world around us can generate plenty of uncertainty and affect the way we go about our daily 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.**



"Learning about the strategies to help us deal with anxiety was particularly useful and I am using these to help manage my own anxiety as well as my son's."

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

[Click here to register](#)

[Find out more](#) →

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 12.12.2023 by Ashley Fabray, Support Officer, PoDS (Partnership of Dacorum Schools)

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If you would like to be added to the email distribution list for future issues, please contact Ashley on the details above.