

# Parent & Carer Courses

## Autumn Term 2023

**FREE Courses open to parents and carers living in Hertfordshire**

## Parents of teens

Talking Teens, a free 6 week course for parents and carers of children aged 12-19



- 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.
- Understand risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate and reduce conflict.

**Mondays 7.45-9.15pm**

**11<sup>th</sup> Sep to 16<sup>th</sup> Oct**

**Online Course ID 603**



**Wednesdays 7.45-9.15pm**

**13<sup>th</sup> Sep to 18<sup>th</sup> Oct**

**Online Course ID 604**



**Tuesdays 7.45-9.15pm**

**31<sup>st</sup> Oct to 5<sup>th</sup> Dec**

**Online Course ID 605**



## Parents of children with Additional Needs

Talking Additional Needs & Talking Families for AN courses

A free 6 week course for parents and carers of children with any kind of additional need.



- Understand your child's behaviour.
- Develop strategies that really work.
- Reduce conflict.
- Improve emotional regulation.
- Explore sensory needs.
- Understand motivation.
- Increase your child's resilience.
- Manage different needs in your family.

**Tuesdays 9.45-11.15am** 1-12yrs

**12<sup>th</sup> Sep to 17<sup>th</sup> Oct**

**Online Course ID 597**



**Wednesdays 8.00-9.30pm** 1-19yrs

**13<sup>th</sup> Sep to 18<sup>th</sup> Oct**

**Online Course ID 595**



**Tuesdays 9.30-11.30am** 1-19yrs

**31<sup>st</sup> Oct to 5<sup>th</sup> Dec**

**FACE TO FACE Course 596**

**St Albans Fire Station**



**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](mailto:bookings@supportinglinks.co.uk)**



**Talking Dads and Talking Families for Dads courses**

# For Dads

A free 6-week course for dads & male carers

- Increase confidence in your parenting.
- Improve listening and communication skills.
- Develop your dad-child relationship now and for the future.
- Develop strategies for dealing with anger and conflict.
- Learn how to enforce boundaries.
- Be the dad you want to be.

**Wednesdays 7.45-9.15pm** 1-12yrs

**13<sup>th</sup> Sep to 18<sup>th</sup> Oct**

**Online Course ID 602**



**Tuesday 7.45-9.15pm**

12-19yrs

**31<sup>st</sup> Oct to 5<sup>th</sup> Dec**

**Online Course ID 606**



# Parents of 0-12-yr-olds



6-week course for parents and carers of children aged 0-12

- Manage challenging behaviour with consistency.
- Encourage positive behaviour.
- Build your child's self esteem.
- Set and maintain boundaries.
- Respond to tantrums and difficult feelings in children.
- Develop a strong parent/child relationship now and for the future.

**Tuesdays 8.00-9.30pm**

**12<sup>th</sup> Sep to 17<sup>th</sup> Oct**

**Online Course ID 600**



**Mondays 7.00-9.00pm**

**30<sup>th</sup> Oct to 4<sup>th</sup> Dec**

**FACE TO FACE Course 599**

**The Oval Community Centre, Vardon Rd, Stevenage SG1 5RD**



**Thursdays 9.45-11.15am**

**2<sup>nd</sup> Nov to 7<sup>th</sup> Dec**

**Online Course ID 598**



# Talking Anger in Families

6-week course for parents and carers of children aged 0-19

- Understand why children and adults get angry.
- Develop strategies to handle anger in yourself and others within your family.
- Recognise the early signs of anger.
- Reduce conflict and arguments.
- Encourage positive behaviour.



**Wednesdays 8.00-9.30pm**

**1<sup>st</sup> Nov to 6<sup>th</sup> Dec**

**Online Course ID 601**



**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](mailto:bookings@supportinglinks.co.uk)**