

Parent & Carer Support Spring Term 2026



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.



Mondays 7.45 - 9.15pm

5th Jan to 9th Feb

Online Course: ID 804

Wednesdays 7.45 - 9.15pm

4th Feb to 18th Mar

F2F Course: ID 802

St Albans (venue tbc)

Thursdays 7.45 - 9.15pm

5th Feb to 19th Mar

Online Course: ID 803

TALKING ANGER in TEENS

6, weekly sessions for parents and carers of children aged **11-19**, supporting you to:

- Understand why children & 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

6th Jan to 10th Feb

Online Course: ID 805

TALKING ADDITIONAL NEEDS

A 6-week group for parents and carers of children **2-19**, with any additional need.

Your child does not need a diagnosis.

- 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.



Tuesdays 8.00 - 9.30pm

6th Jan to 10th Feb

Online Course ID 797

Tuesdays 9.45 - 11.15am

3rd Feb to 17th Mar

Online Course ID 796

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

8th Jan to 12th Feb

Online Course ID 799

Thursdays 9.45 - 11.15am

5th Feb to 19th Mar

Online Course ID 798

Thursdays 8.00 - 9.30pm

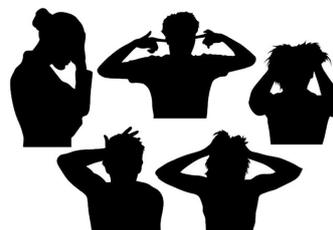
5th Feb to 19th Mar

Online Course ID 800

TALKING ANXIETY in FAMILIES

6, weekly sessions for parents and carers of children **3-12**, 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.



Wednesdays 9.45 - 11.30am

4th Feb to 18th Mar

Online Course ID 801

TALKING DADS

6, weekly sessions for dads & male carers of children **0-19**, 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

7th Jan to 11th Feb

Online Course: ID 806

Mondays 7.45 - 9.15pm

2nd Feb to 16th Mar

Online Course: ID 807

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