

Parent & Carer Support

Summer Term 2025



FREE to parents and carers living in Hertfordshire

All courses are 6 weeks with a break for half term 26th-30th May

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.

Wednesdays

7.45 - 9.15pm

7th May to 18th Jun

Online Course: ID 759

Tuesdays

7.45 - 9.15pm

3rd Jun to 8th Jul

Online Course: ID 760

TALKING ADDITIONAL NEEDS

A 6-week group for parents and carers of children with any additional need aged **2-19**
Your child does not need a diagnosis.



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

Tuesdays

9.30 - 11.30am

3rd Jun to 8th Jul

Face to Face: ID 755

**Gade Community Room
Oakleaf Primary School,
Hemel Hempstead**

Tuesdays

8.00 - 9.30pm

6th May to 17th Jun

Online Course ID 756

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

9.45 – 11.15am

8th May to 19th Jun

Online Course ID 757

Tuesdays

8.00 - 9.30pm

6th May to 17th Jun

Online Course ID 758

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

4th Jun to 9th Jul

Online Course: ID 761

All courses are 6 weeks with a break for half term 26th-30th May

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