

TALKING FAMILIES

Thursdays 8.00 - 9.30pm Online Course ID: 799
08-Jan, 15-Jan, 22-Jan, 29-Jan, 05-Feb, 12-Feb 2026

Thursdays 9.45 - 11.15am Online Course ID: 798
05-Feb, 12-Feb, 26-Feb, 05-Mar, 12-Mar, 19-Mar 2026

Thursdays 8.00 - 9.30pm Online Course ID: 800
05-Feb, 12-Feb, 26-Feb, 05-Mar, 12-Mar, 19-Mar 2026

6, weekly sessions for parents and carers of children under 12, sharing tips on how to:

- **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**

Our online sessions are delivered weekly via Zoom.

Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.

'Every parent should do this course! It has taught me so much about how to deal with family life.'

Booking essential

Please quote the course ID
To check eligibility and book a place, contact Supporting Links on:

07512 709 556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk