

# TALKING FAMILIES

**Thursdays 8.00 - 9.30pm Course ID: 861**  
**17-Sep, 24-Sep, 01-Oct, 08-Oct, 15-Oct, 22-Oct 2026**

**Wednesdays 9.45 - 11.15am Course ID: 860**  
**04-Nov, 11-Nov, 18-Nov, 25-Nov, 02-Dec, 09-Dec 2026**

**Courses delivered online via Zoom**

**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**

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

**[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)**

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