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**Hertfordshire Parenting and Relationship Support Offer Newsletter**

**Autumn 2025**

For full details of each course and how to refer to providers please go to [www.hertfordshire.gov.uk/parentingsupport](https://www.hertfordshire.gov.uk/services/Schools-and-education/Childcare-and-advice-for-parents/Parents-and-family-support/Parents-and-family-support.aspx) or visit the providers links.

If you are a professional and you have any questions for

Strategic Partnerships Commissioning (*previously Early Help Commissioning*), please email **CSStrategic.Partnerships@hertfordshire.gov.uk**

**Targeted Parenting Support Courses**

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| Provider | Venue | Courses | Dates and Times |
| A close-up of a logo  AI-generated content may be incorrect.  Courses can be booked by emailing [booking@supportinglinks.co.uk](mailto:booking@supportinglinks.co.uk)  or call us on 07512 709556 or 01442 300185 or for more information  **Website:**  [Supporting Links Home](https://www.supportinglinks.co.uk/) | Online | Talking Additional Needs | 17.09.2025 - 24.09.2025  9:45am – 11:15am |
| F2F | Talking Additional Needs | 05.11.2025 – 12.11.2025  7pm – 9pm |
| Online | Talking Families | 18.09.2025 -25.09.2025  9:45am – 11:15am |
| Online | Talking Families | 04.11.2025 – 11.11.2025  8pm – 9:30pm |
| Online | Talking Families | 17.09.2025 – 24.09.2025  8pm – 9:30pm |
| Online | Talking Anger in Teens | 04.11.2025 – 11.11.2025  7:45pm – 9:30pm |
| Online | Talking Anxiety in Teens | 16.09.2025 – 23.09.2025  7:45pm – 9:30pm |
| Online | Talking Teens | 06.11.2025 – 13.11.2025  7:45pm – 9:15pm |
| Online | Talking Teens | 16.09.2025 – 23.09.2025  7:45pm – 9:15pm |
| Online | Talking Dads | 17.09.2025 – 24.09.2025  7:45pm – 9:15pm |
| Online | Talking Dads | 05.11.2025 – 12.11.2025  7:45pm – 9:15pm |

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| Provider | Venue | Courses | Dates and Times |
| A close-up of a logo  AI-generated content may be incorrect.  You can also email [services@familylives.org.uk](mailto:services@familylives.org.uk) or call us on 0204 522 8700 or 0204 522 8701 for more information  Website: [Parenting and Family Support - Family Lives (Parentline Plus) | Family Lives](https://www.familylives.org.uk/) | Online | Bringing Up Confident ADHD/ASD Children | 26.09.2025 – 07.11.2025  9:45am – 11:45am |
| Online | Bringing Up Confident ADHD/ASD Children | 14.10.2025 – 25.11.2025  7pm – 9pm |
| Online | Less Shouting, More Cooperation | 02.10.2025 – 13.11.2025  9:30am – 11:30am |
| Online | Dads Together | 05.11.2025 – 10.12.2025  7pm – 9pm |

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| Provider | Venue | Courses | Dates and Times |
| A logo of a tree with leaves  AI-generated content may be incorrect.  Courses can be booked by  emailing [enquiries@familiesfeelingsafe.co.uk](mailto:enquiries@familiesfeelingsafe.co.uk) or calling 07850 518216  Website: [Families Feeling Safe • Families Feeling Safe](https://familiesfeelingsafe.co.uk/) | Online | Supporting Dads with Protective Behaviours | 08.10.2025 – 03.12.2025  7pm – 9pm |
| Online | Supporting Families with Protective Behaviours | 09.10.2025 – 04.12.2025  9:30am – 11:30am |
| Online | Supporting Families with Protective Behaviours | 09.10.2025 – 04.12.2025  7pm – 9pm |
| Online | Families Feeling Safe Programme | TBC – contact families feeling safe direct for updates. |

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| Provider | Venue | Courses | Dates and Times |
| A picture containing text, clipart  Description automatically generated  To view courses, you can click the name of the course. You can also email [training@spaceherts.org.uk](mailto:training@spaceherts.org.uk)  or call us on 01920452270 for more information  **Website**: [SPACE Hertfordshire –(spaceherts.org.uk)](https://spaceherts.org.uk/) | Online | Neurodiversity in Girls and Women (Autism and ADHD | 09.09.2025 – 30.09.2025  6:30pm – 8:30pm |
| Online | Talking SENSory | 06.10.2025 – 20.10.2025  7pm – 9pm |

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| Provider | Venue | Courses | Dates and Times |
| A purple and black text  AI-generated content may be incorrect.  Courses can be booked by emailing [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)  You can also call us on 01442 219720 for more information.  Website: [Families in Focus – Looking forward together](https://www.familiesinfocus.co.uk/) | Online | Handling anger in your family | 03.11.2025 – 08.12.2025  09:30am – 11:30am |
| Online | Handling anger in your family | 03.11.2025 – 08.12.2025  7pm – 8:30pm |
| Online | Handling anger of children with Autism and/or ADHD | 05.11.2025 – 03.12.2025  09:30am – 11:30am |
| Online | Handling anger of children with Autism and/or ADHD | 05.11.2025 – 03.12.2025  6:30pm – 8:30pm |

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| Provider | Venue | Courses | Dates and Times |
| A close-up of a logo  AI-generated content may be incorrect.  Courses can be booked on Eventbrite using the following link;  [ADD-vance Parent Courses | Eventbrite](https://www.eventbrite.co.uk/cc/add-vance-parent-courses-109149)  You can also email: [herts@add-vance.org](mailto:herts@add-vance.org) or call on [01727 833963](tel:01727%20833963) for more information.  **Website**: [ADD-vance](https://www.add-vance.org/) | Online | Understanding ADHD and Autism for Parents/Carers of Girls | 09.09.2025 – 14.10.2025  10am – 12pm |
| Online | Understanding ADHD and Autism in the Teen Years | 09.09.2025 – 14.10.2025  10am – 12pm |
| Online | Understanding ADHD and Autism in the Primary Years | 15.09.2025 – 20.10.2025  7pm – 9pm |
| F2F | Understanding ADHD and Autism for Dads | 17.09.2025 – 22.10.2025  7pm – 9pm |
| Online | Understanding ADHD and Autism for Dads | 03.11.2025 – 08.12.2025  7pm – 9pm |
| Online | Understanding ADHD and Autism in the Early Years | 04.11.2025 – 09.12.2025  9:30am – 11:30am |
| Online | Understanding ADHD and Autism in the Primary Years | 05.11.2025 – 10.12.2025  7pm – 9pm |
| Online | Understanding ADHD and Autism in the Primary Years | 11.11.2025 – 16.12.2025  10am – 12pm |
| Online | Understanding ADHD and Autism for Parents/Carers of Girls | 13.11.2025 – 18.12.2025  10am – 12pm |

**Strengthening Families, Strengthening Communities**

**Strengthening Families, Strengthening Communities 6-week online course**

We are now taking referrals for the Autumn Term the 6-week online course that is facilitated by Race Equality Foundation.

Each online module (completed in the parent’s own time) is followed by an hour's online group support discussion led by a trained and accredited REF facilitator. Each member of the team has attended extensive training, offers a friendly, non-judgmental, inclusive ‘can do approach’ to support parents and receives regular supervision. They also bring with them expertise in working with children, young people and adults, special needs education support, parental conflict and family law.

Parents must be referred or self-refer to Hertfordshire County Council.

For more information and how to refer, following this link. [Strengthening Families Strengthening Communities parenting course | Hertfordshire County Council](https://www.hertfordshire.gov.uk/services/schools-and-education/childcare-and-advice-for-parents/parents-and-family-support/strengthening-families-parenting-course.aspx)

**Please note, face-to-face courses are currently on hold.**

**Workshops & Webinars**

**Autism and ADHD workshops for parents**

We have commissioned **workshops**, between 1-2 hours, on a variety of different topics to support parents when an issue comes up, enabling them to ‘dip in and out’ for support when necessary.

Topics on offer include:

**Universal Workshops**

We also have new universal workshops available with a catalogue of topics which include:

* It’s a dad's life
* Empowered Parenting. Providing tools and strategies for real life situations
* All Feelings Matter (even the strong & uncomfortable ones)
* Communication
* How can my child learn to manage their feelings?
* What is going on in my teenager's head?
* Why does my child behave like that?
* How do I get my child to listen to me?

*And more…*

The universal workshops can be found on the Hertfordshire County Council [Parenting Directory](https://directory.hertfordshire.gov.uk/Categories/53)

* Understanding the SEN world
* Anger
* Girls with ADHD or Autism
* Puberty
* Executive functioning skills

*And more…*

* Anxiety
* Transitions
* Siblings
* Sleep

We have also commissioned **webinars** to support parents on a variety of different topics with titles including:

**NEW webinars coming in Autumn 2025…**

* Understanding Autism
* Understanding ADHD
* Navigating SEND World
* Navigating SEND Post 16
* Demand Avoidance
* Applying for an EHCP
* Working with school to support your child
* My Autism Experience
* Parenting your child with ADHD
* Understanding Challenging behaviour for parents
* Understanding neurodivergent teens

These workshops and webinars are fully funded. Parents can self-refer and do not need a formal diagnosis of Autism/ADHD. You can find all workshops and webinars through the [Local Offer](https://www.hertfordshire.gov.uk/microsites/local-offer/resources-for-parents-and-professionals/the-neurodiversity-hub.aspx)

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| **A logo with a logo and text  AI-generated content may be incorrect.**  **How to register** [Complete a Family Lives referral form](https://forms.office.com/pages/responsepage.aspx?id=_1v8xmMHAkWkdxzUTU-XK07CPv9ipqBDlY6wX_2Taa1UOEYwWTlSNzg2TUpaQVNROFg4M1owR1BQMSQlQCN0PWcu) if you're a parent of a child with SEND or a professional referring someone you know.  Alternatively, get in touch via:  Email: [services@familylives.org.uk](mailto:services@familylives.org.uk) Phone:**0204 522 8700**or 0204 522 8699 | Online | Co-parenting with Care programme for parents with children with SEN | 15.10.25 – 26.11.25  9:30am – 11:30am |
| Online | Co-parenting with Care programme for parents with children with SEN | 16.10.25 – 27.11.25  9:30am – 11:30am |
| **Parenting When Separated**  Exploring the emotional impact of separation on both yourself and your child/ren  **How to register**  [Complete a PWS referral form](https://surveys.hertfordshire.gov.uk/s/GR2LT5/) | Online | Parenting When Separated | 04.09.25 – 09.10.25  6:00pm – 8:30pm |
| Online | Parenting When Separated | 06.10.25 – 17.11.25  10:00am – 12:30pm |
| A blue and grey logo  AI-generated content may be incorrect.  **How to register** You can get started with this digital course as soon as you [register for a free OnePlusOne account](https://www.oneplusone.org.uk/parents) | Online | Arguing Better  *This course is for any parent ready to learn how to cope better with stress and deal with arguments in a healthy way* | Self-directed digital course |
| Online | Me, You and Baby Too  *Learn how to navigate the changes that happen in a relationship when a baby arrives* | Self-directed digital course |
| Online | Getting It Right For Children  *Learn how to develop positive communication skills that enable you to parent co-operatively and work out solutions together.* | Self-directed digital course |
| A logo with colorful shapes  AI-generated content may be incorrect.  Reduce disagreements, cope better with stress and improve your relationship and communication with your co-parent.  **How to register**  [Register for a free SFSC account.](https://strengthening-families.net/reducing-parental-conflict/) | Online | Stronger Relationships course for co-parents living apart | Course dates are updated regularly and offer daytime and evening. Also offered in community languages.  [Upcoming group discussions](https://strengthening-families.net/rpc-registration/) |
| Online | Stronger Relationships course for co-parents living together |

**Relationship Support Courses**