

Parenting Programmes & Courses for Targeted Parents

Summer Term 2020
ST ALBANS DISTRICT

	Session, Date & Time	Venue
MON	About Me 01/06/20-29/06/20 9.45am - 11.45am (crèche available)	Fleetville Family Centre, St Albans
TUES	Family Toolkit 16/06/20 – 07/07/20 6.30 pm -8.30 pm	Redbourn Family Centre
WED	My Life 22/04/20 – 15/07/20 (not half term) 9.45am – 11.45am (crèche available)	Confidential
THU	Parenting Puzzle 30/04/20 -09/07/20 (not half term) 9.45am -11.45am (crèche available)	Fleetville Family Centre, St Albans
FRI	Family Toolkit 05/06/20 – 26/06/20 9.45am-11.45am (crèche available)	St Bartholomew's Church, St Albans

Welcome to the World

For parents expecting a baby who are 22+ weeks into pregnancy. Prepare for life with a new baby. Meet other parents. Can come on their own or with a friend or partner

Parenting Puzzle

For parents/carers of children aged 3 to 11 years to understand how emotions can influence actions and offer practical ways of guiding children so they learn to manage their feelings and control their behaviour.

Little Learners

For families with children (10-18 months) who need a little extra support to reach their developmental milestones.

Call for more information

Early Talk

A six week course to develop ideas to promote a child's communication and language. Run in partnership with the speech and language team.

.About Me

A five week course to increase and build emotional resilience and wellbeing for parents.

Family Toolkit

For families with children aged 2 to 5 years old. A great course to learn some new ideas about how to manage children's behaviour and get the best out of family life.

Little Chefs

A 5 week course to support families with children 15mths – 2years to get their children off to a healthy start. Topics covered will include portion control, sugar/salt/fat contents, oral health, weight, physical activity and the importance of eating together. Please call staff for details

DOMESTIC VIOLENCE

Please note we can support families with issues around domestic violence. Please speak to us for more information.

CRECHE

May be available to book for some sessions at £3 per child

FAMILIES MUST BE REGISTERED



Please follow the QR code to register a family.



01727 227 746 number for professionals only

For referrals: www.hertsfamilycentres.org/professionals-area



Hertfordshire
Family Centre
Service