



# Hertfordshire Parenting and Relationship Support Offer Newsletter Summer Term 2026

There are a range of Parenting courses and support available free for Hertfordshire Parents.

Please below for information on other courses for details of each course and how to refer to providers please go to [www.hertfordshire.gov.uk/parentingsupport](http://www.hertfordshire.gov.uk/parentingsupport) 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 [CSSstrategic.Partnerships@hertfordshire.gov.uk](mailto:CSSstrategic.Partnerships@hertfordshire.gov.uk)

## Rucksack Early Years Autism Programme for Families


"Rucksack" is a new course for parents of young children (age 0-5) who are autistic or on the autism diagnosis pathway. This free 6 week face-to-face course takes place at venues across Hertfordshire and aims to provide parents with essential knowledge, practical strategies and useful resources that will support both parents and children in everyday life.


To register your interest please [fill in this form](#) or for more info, email: [earlyyearstraining@hertfordshire.gov.uk](mailto:earlyyearstraining@hertfordshire.gov.uk)


Here is the QR code :



# Targeted Parenting Support Courses

Provider	Venue	Courses	Dates and Times
 <p>Courses can be booked on Eventbrite using the following link; <a href="#">ADD-vance Parent Courses   Eventbrite</a></p> <p>You can also email: <a href="mailto:herts@add-vance.org">herts@add-vance.org</a> or call on 01727 833963 for more information.</p> <p><b>Website:</b> <a href="#">ADD-vance</a></p>	F2F	Understanding ADHD and Autism in the Primary Years	2.6.26 – 7.7.26 10:00am - 12:00pm
	Online	Understanding ADHD and Autism for Dads	3.6.26 - 8.7.26 7:00pm – 9:00pm
	Online	Understanding ADHD and Autism for Parents/Carers of Girls	4.6.26 – 9.7.26 10:00am – 12:00pm

 <p>You can also email <a href="mailto:services@coramfamilylives.org.uk">services@coramfamilylives.org.uk</a> or call us on 0204 522 8700 or 0204 522 8701 for more information</p> <p>Website: <a href="#">Parenting and Family Support - Family Lives (Parentline Plus)   Family Lives</a></p>	Online	Getting on with Your Pre Teen/Teenager	5.6.26 – 10.7.26 9.30am - 11.30am
	Online	Less Shouting, More Cooperation	1.6.26 - 6.7.26 9.30am - 11.30am

 <p>Courses can be booked by emailing <a href="mailto:booking@supportinglinks.co.uk">booking@supportinglinks.co.uk</a> or call us on 07512 709556 or 01442 300185 or for more information</p> <p><b>Website:</b> <a href="#">Supporting Links Home</a></p>	Online	Talking Families	1.6.26 – 6.7.26 8:00pm – 9:30pm
	Online	Talking Teens	14.4.26 – 13.5.26 7:45pm – 9:15pm
	Online	Talking Teens	13.6.26 – 13.7.26 7:45pm – 9:15pm
	Online	Talking Dads	6.5.26 – 17.6.26 7:45pm – 9:15pm



Families In Focus CIC

Enabling families to be stronger together

Courses can be booked by emailing [bookings@familiesinfoocus.co.uk](mailto:bookings@familiesinfoocus.co.uk)

You can also call us on 01442 219720 for more information.

Website: [Families in Focus – Looking forward together](#)

Online

A Complete Guide to Parenting children with Autism and ADHD

**10 weeks course**  
Wednesday mornings 9.30 – 11:30am or evenings 6:30 – 8:30 pm  
April 15, 22, 29, May 6, 13, 20 & 3, 10, 17 June

10 week

## 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.

- Understanding the SEN world
- Anger
- Sleep
- Puberty
- Executive functioning skills
- [And more](#)

All the topics can be found on the [Local Offer](#)

### Universal Workshops

These workshops specifically target issues that parents may face as they navigate the world of parenting. Here are some topics that can be explored


- It's a dad's life
- Empowered Parenting.
- 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
- Social media and tech use

There are a range of **webinars** on the [Local Offer](#) to support parents on a variety of different topics with titles including:

- Understanding Autism
- Understanding ADHD
- Navigating SEND World
- Navigating SEND post 16
- Understanding Challenging (Distressed) Behaviours

These workshops and webinars are fully funded by Hertfordshire County Council. 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](#)

# Relationship Support Courses

<p><b>Parenting When Separated</b></p> <p>Exploring the emotional impact of separation on both yourself and your child/ren.</p>		<p>This course has been revised following feedback from parents and carers and a new extended 7 week version will be coming soon.</p>	<p>New dates and times coming soon</p>
 <p><b>How to register</b></p> <p>You can get started with this digital course as soon as you <a href="#">register for a free OnePlusOne account</a></p>	<p>Online</p>	<p><b>Arguing Better</b></p> <p>This course is for any parent ready to learn how to cope better with stress and deal with arguments in a healthy way</p>	<p>Self-directed digital course</p>
	<p>Online</p>	<p><b>Me, You and Baby Too</b></p> <p>Learn how to navigate the changes that happen in a relationship when a baby arrives</p>	<p>Self-directed digital course</p>
	<p>Online</p>	<p><b>Getting It Right For Children</b></p> <p>Learn how to develop positive communication skills that enable you to parent co-operatively and work out solutions together.</p>	<p>Self-directed digital course</p>

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

**We are no longer taking referrals for the SFSC 6-week online course that is facilitated by Race Equality Foundation. This course is no longer available.**

**Please check the newsletter for alternative parenting courses or contact our team if you require further advice via email [CS.StrategicPartnerships@hertfordshire.gov.uk](mailto:CS.StrategicPartnerships@hertfordshire.gov.uk)**