

Parent & Carer Courses

Autumn Term 2023

FREE Courses open to parents and carers living in Hertfordshire

Parents of teens

Talking Teens, a free 6 week course for parents and carers of children aged 12-19



- The Teen Brain: the physical and emotional changes taking place during the teenage years and why their behaviour changes.
- The link between behaviour and communicating difficult feelings.
- How to maintain your relationship with good communication.
- Understand risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate and reduce conflict.

Mondays 7.45-9.15pm

11th Sep to 16th Oct

Online Course ID 603



Wednesdays 7.45-9.15pm

13th Sep to 18th Oct

Online Course ID 604



Tuesdays 7.45-9.15pm

31st Oct to 5th Dec

Online Course ID 605



Parents of children with Additional Needs

Talking Additional Needs & Talking Families for AN courses

A free 6 week course for parents and carers of children with any kind of additional need.



- Understand your child's behaviour.
- Develop strategies that really work.
- Reduce conflict.
- Improve emotional regulation.
- Explore sensory needs.
- Understand motivation.
- Increase your child's resilience.
- Manage different needs in your family.

Tuesdays 9.45-11.15am 1-12yrs

12th Sep to 17th Oct

Online Course ID 597



Wednesdays 8.00-9.30pm 1-19yrs

13th Sep to 18th Oct

Online Course ID 595



Tuesdays 9.30-11.30am 1-19yrs

31st Oct to 5th Dec

FACE TO FACE Course 596

St Albans Fire Station



Booking essential. Please Quote the Course ID

To check eligibility and book a place, please contact Supporting Links on:
07512 709556 or bookings@supportinglinks.co.uk



Talking Dads and Talking Families for Dads courses

For Dads

A free 6-week course for dads & male carers

- Increase confidence in your parenting.
- Improve listening and communication skills.
- Develop your dad-child relationship now and for the future.
- Develop strategies for dealing with anger and conflict.
- Learn how to enforce boundaries.
- Be the dad you want to be.

Wednesdays 7.45-9.15pm 1-12yrs
13th Sep to 18th Oct

Online Course ID 602



Tuesday 7.45-9.15pm 12-19yrs
31st Oct to 5th Dec

Online Course ID 606



Parents of 0-12-yr-olds



6-week course for parents and carers of children aged 0-12

- 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.

Tuesdays 8.00-9.30pm

12th Sep to 17th Oct

Online Course ID 600



Mondays 7.00-9.00pm

30th Oct to 4th Dec

FACE TO FACE Course 599

The Oval Community Centre, Vardon Rd, Stevenage SG1 5RD



Thursdays 9.45-11.15am

2nd Nov to 7th Dec

Online Course ID 598



Talking Anger in Families

6-week course for parents and carers of children aged 0-19

- Understand why children and adults get angry.
- Develop strategies to handle anger in yourself and others within your family.
- Recognise the early signs of anger.
- Reduce conflict and arguments.
- Encourage positive behaviour.



Wednesdays 8.00-9.30pm

1st Nov to 6th Dec

Online Course ID 601



Booking essential. Please Quote the Course ID

To check eligibility and book a place, please contact Supporting Links on:
07512 709556 or bookings@supportinglinks.co.uk