

Online Targeted Parenting Courses Autumn Term 2020

For full details of each course and how to refer to providers please go to www.hertfordshire.gov.uk/parentingsupport or visit the providers links.

Provider	District	Name of course	Description	Dates & Times
ADD-vance add-vance.org	Broxbourne	Understanding ADHD and Autism	For parents/carers of children aged 5-14 with a diagnosis/ suspected diagnosis. Learning outcomes include : Understanding ADHD, autism and related conditions understanding and managing anxieties, how to set boundaries and positive behaviour, good self esteem, managing siblings and navigating the education system	Mon and Wed 14th Sept—19th Oct 10am—11am
	Stevenage			Mon and Wed 14th Sept—19th Oct 7.30pm—8.30pm
	Hertsmere			Thurs and Fri 18th Sept—23rd Oct 10am—11am
	North Herts			Mon and Wed 2nd Nov—7th Dec 1.30pm—2.30pm
	Watford			Thurs and Fri 5th Nov—11th Dec 10am—11am
Family Lives familylives.org.uk	East Herts	Getting on with your Pre-teen / Teenager	This group is particularly suited for parents and or carers of pre- teen/teenagers who may have FFA, CIN, CP or Youth justice Plan and are showing signs of risky behaviours online through social media. Attraction to or involvement in gangs Alcohol and drugs, early sex, self harming, crime and antisocial, aggressive and challenging behaviour	Mon 14th , 21st, 28th Sept, 5th, 12th & 19th Oct 1pm—3pm 13th, 20th, 27th Nov & 4th, 11th,18th Dec 9.30am—11.30am
	Welwyn Hatfield			Wed 7th, 14th, 21st Oct & 4th 11th, 18th Nov 7pm—9pm
	North Herts			12th,19th,26th Nov & 3rd,10th,17th Dec 7pm—9pm
Family Lives familylives.org.uk	Dacorum	Bringing up Confident Children for parents of children with ADHD	Help your child reach their full potential including, understanding behaviour, manage feelings and outbursts, learning new parenting strategies and supporting siblings	Mon 12th, 19th, 26th Oct, 2nd, 9th & 16th Nov 1pm—3pm Mon 9th, 16th, 23rd, 30th Nov & 7th, 14th Dec 12.30pm—2.30pm
	Welwyn Hatfield	Bringing Up Confident Children for parents of children with SEN	For parents/carers of children with any SEND. Build understand- ing how to manage feelings and behaviours and strategies to build self esteem and confidence for all the family	Thurs 1st, 8th, 15th, 22nd, 29th Oct & 5th Nov 1pm—3pm Thurs 15 & 22 Oct & 5, 12, 19 & 26 Nov & 3, 10 Dec 2020 12.30pm—2.30pm
Families in Focus familiesinfo-cus.co.uk	Hatfield	Handling Anger in Your Child with SEND (5—11yrs)	Evidence based anger management strategies for parents and children. Step by step approach, techniques to calm down tantrums and meltdowns. Creative ways to help children express anger safely, active listening skills and how to build good parent/child relationships	Tues 3rd, 10th, 17th, 24th Nov, 1st, 8th Dec 9.30am—11.30am
Supporting Links supporting-links.co.uk	Dacorum	Understanding Behaviour in your child with additional needs	Understand your child's behavior and sensory needs. Find strategies that work, understand conflict, manage anger, emotional reactions and family needs . Motivate, encourage and support your child., build relationships with professionals.	Various dates Oct—Dec contact supportinglinks.co.uk to confirm your nearest course
	North Herts			
	Watford			

