



Free Confidential Impartial

**Parents and Carers,
Coming on a Parenting course could help you to:-**

- Speak and listen to your child more effectively
- Improve family relationships
- Deal with difficult behaviour more effectively
- Reward good behaviour, to boost your child's self esteem and confidence
- Set limits and boundaries, discipline and time out
- Gain support from other parents facing similar challenges.



Local Support and Services Help lines

Family Information Service 0300 123 4052
Mon-Fri 8.30-4.30 Advice and information on services for families

Frank Free confidential helpline for parents and teens
open 24/7 for advice on drugs and alcohol 0800 77 66 00

Family Lives 24 hour helpline for parents 0808 800 2222
www.familylives.org.uk

Find your local Children Centres
www.hertschildrenscentres.org.uk

Parenting Courses and Support in Dacorum SpringTerm 2012

Free Confidential Impartial



Free universal courses open to All parents in the district

Feedback from Parents

"I felt very comfortable in being able to express my feelings and talk about my family life in the group"

"Thank you for running this course, we have learned a lot. Keep up the fantastic work you do!"

"So many other parents are experiencing similar problems as I am"

"Extremely good course, lots of ideas. Got me out of the house and talking to other adults!"

Feedback from Parents

"My daughter says I listen to her more and she is clearly happier!"

"There is more fun in our family now. I'm a much happier person now!"

"I went away with strategies I could put into place straight away!"

"I seem to be more patient with my children and am handling situations better"

WORKSHOPS

**3 Free workshops for parents with at least
1 child under 5 years**

Who is it for ?	Time and Date
<p>Over the 3 sessions we will be covering:</p> <ul style="list-style-type: none"> · How is our behaviour influenced by what we think and feel? · What does it mean to feel and keep safe? · Who can we speak to if we need some help? <p>The workshops are based upon the principles of protective behaviours, encouraging parents to provide their children with strategies to feel safe.</p>	<p>Tuesday 21st Feb 28th Feb and 6th March 2012</p> <p>10.00 - 11.15am</p>
<p>Venue to be confirmed Further details can be found at www.protectivebehaviours.co.uk</p>	<p>Please call Windmill Children's Centre on 01442 426303 to show an interest.</p>
<p>Child age range 0-5yrs</p>	
<p><i>Free crèche available.</i></p>	

Drop-in sessions with Avril Burns

Who is it for?	Time and Date
<p>Are things getting on top of you? Is this affecting your skills as a parent? Avril Burns, parenting practitioner, is holding drop-in sessions for parents. You will have the opportunity to discuss any family, relationship and child related concerns you may have. If you feel things are getting out of control and want someone to talk to, then please call to book a free 50 minute appointment.</p>	<p>Sessions to be arranged, please call for more information</p>
<p>The Link Family Services Centre Hobletts Manor Junior School Adeyfield Road, HP2 5JT</p>	<p>To book, please call Nicola on 01442 230768</p>
<p>Child age range All ages</p>	

COURSES

**Handling Anger in Your Family
(For parents with children aged 4-12 years)**

Who is it for?	Time and Date
<p>This FREE 6 week course, run by Families in Focus, aims to offer strategies to encourage healthy anger management, explore calming techniques and look at creative ways to support children to 'let go of anger safely' and explore effective ways to become a calm and effective parent.</p>	<p>Tues Jan 17th, 24th, 31st, Feb 7th 21st 28th</p> <p>12.45- 2.45pm</p>
<p>Worldshapers Children's Centre Woodhall Farm Community Centre Datchet Close Hemel Hempstead Hp2 7JX</p>	<p>To book, please call 01442 219720—leave a message and we will return calls</p>
<p>Child age range 4-12yrs</p>	

Anger: Escaping the Trap

Who is it for?	Time and Date
<p>Are you constantly angry with your children, partner, the world? Do you feel trapped by anger? This is a six week course for parents that will help you understand why children and adults get angry; help you recognise the early signs of anger and help you develop strategies to manage anger in yourself and others in your family. We can help you break the cycle of anger.</p>	<p>Weds 22nd, 29th Feb, 7th, 14th, 21st and 28th Mar</p> <p>9.30-11.30am</p>
<p>The Link Family Services Centre Hobletts Manor Junior School Adeyfield Road, HP2 5JT.</p>	<p>To book, please call or text Supporting Links on 07512 709556</p>
<p>Child age range All ages</p>	

Talking Teens (for parents with teenagers)	
Who is it for?	Time and Date
<p>A free 6 week course, run by 'Supporting Links', for parents of teenagers, that builds week on week giving you the tools and strategies to handle life with your teenager in a more confident way. We will help you to address:</p> <p>What you want from your teen and what it is to be a teenager today.</p> <ul style="list-style-type: none"> • Conflict: why it happens and how to handle it. • Choices and consequences: how to encourage responsibility and independence. • Challenging behaviour: why teens can be stropky and what we can do about it. 	<p>Mon 20th, 27th Feb, 5th, 12th, 19th & 26th Mar</p> <p>7-9pm</p>
<p>The Link Family Services Centre, Hobletts Manor Junior School Adeyfield Road, HP2 5JT</p>	<p>To book call 07512 709556</p>
Child age range	Teenagers

ADD-Vance	
Who is it for?	Time and Date
<p>Six week course designed to meet the needs of parents & carers and help them build on existing skills in supporting their children with ADHD & ASD</p>	<p>Tues 21st, 28th Feb, 6th, 13th, 20th & 27th Mar</p> <p>10am - 12noon</p>
<p>The Link Family Services Centre, Hobletts Manor Junior School Adeyfield Road, HP2 5JT.</p>	<p>To book call ADD-vance on 01727 833963</p>
Child age range	To be confirmed

The Nurturing Programme	
Who is it for?	Time and Date
<p>10 week programme that builds on the skills parents already have and introduce lots of ways to improve family relationships and manage the behaviour of children of all ages, helping to improve parents confidence.</p>	<p>Wednesday 29th February 2012 for 10 weeks excluding Easter</p> <p>7-9pm</p>
<p>Galley Hill Children's Centre Galley Hill Hemel Hempstead, HP1 3JY</p>	<p>To book, please call 01442 426753 or email admin.galleyhill@hertschildrenscentres.org.uk</p>
Child age range	All ages
Places must be booked in advance	

The Nurturing Programme	
Who is it for?	Time and Date
<p>10 week programme that builds on the skills parents already have and introduce lots of ways to improve family relationships and manage the behaviour of children of all ages, helping to improve parents confidence.</p>	<p>Monday 16th January 2012 for 10 weeks</p> <p>7.30-.9.30pm</p>
<p>Little Hands and Feet Children's Centre Lagley Hall Douglas Gardens Berkhamsted, HP4 3PE</p>	<p>To book, please call Julia on 01442 385152 or email: julia@littlefeetcc.org.uk</p>
Child age range	0-5yrs
Places must be booked in advance	

ABC—About Boys Development Course

Who is it for?		Time and Date
This course aims to give mothers more understanding of their sons development and behaviour. A series of techniques to provide their sons boundaries and discipline and more confident in supporting their sons.		4 x 2 hour sessions Starting early March 2012 Dates to be confirmed.
Venue to be confirmed.		For details and to book please call Heath Lane Children's Centre on 01442 261043
Child age range	2-5yrs	
Limited crèche available—places must be booked		

Understanding Children's Behaviour (for separated and divorced parents)

Who is it for?		Time and Date
A FREE 8 week course run by 'Family Lives' for divorced and separated parents with children aged 6-12 years. This course will help you to understand your child's behaviour, enable you to respond positively and gain your child's co-operation. Subjects you will look at include: <ul style="list-style-type: none"> • The pressures of being a separated parent, including dealing with stress. • How to cope with a tantrum. • Effective listening skills. • How to implement effective boundaries. And lots more....		Thurs 19th, 26th Jan, 2nd, 9th, 23rd Feb, 1st, 8th and 22nd Mar, 9.30-11.30am
The Link Family Services Centre Hobletts Manor Junior School Adeyfield Road, HP2 5JT.		To book, please call Nicola on 01442 230768
Child age range	6-12yrs	
Places must be booked in advance		

Talking Pre-teens (Managing and encouraging your 8-12 year old)

Who is it for?		Time and Date
This free 6 week course run by 'Supporting Links', is for parents of children aged 8-12 years. It will give you the skills you need to guide your child through this time of change with confidence and skill. We will help you look at: <ul style="list-style-type: none"> • Managing challenging behaviour with consistency. • How to keep your child safe, at home with modern technology and once they begin to go out alone. • How to encourage positive and responsible behaviour. • Moving onto Secondary school: what this means for your family. 		Weds 22nd, 29th Feb, 7th, 14th, 21st & 28th Mar 7-9pm
The Link Family Services Centre, Hobletts Manor Junior School Adeyfield Road, HP2 5JT		To book call 07512 709556
Child age range	Teenagers	

Understanding your Toddler	
Who is it for?	Time and Date
<p>This informal and fun course will cover, Sleep Solutions, Potty Training, Calming Stress Hotspots, Setting Realistic and Achievable Expectations for both children and parents, Tips on Encouraging Positive Behaviours and is facilitated by two experienced trainers who are also parents.</p> <p><i>This course is provided by Families in Focus with funding from HCC Children's Services.</i></p>	<p>Wed 11,18,25 Jan 1 & 8 Feb</p> <p>9.30 - 11.30am</p>
<p>Heights Community Hall Jupiter Drive, HP2 5NX</p>	<p>To book, please call Windmill Children's Centre on 01442 426303</p>
<p>Child age range</p>	<p>0-5yrs</p>
<p>Priority will be given to Highfield, Adeyfield, Grovehill, Woodhall Farm, Bennetts End, Leverstock Green</p>	
<p>Crèche available - must be booked in advance.</p>	

About Boys Course for Dads	
Who is it for?	Time and Date
<p>The course aims to increase fathers confidence and understanding of their son's development and dealing with their behaviour. For dads with sons under 5 years of age.</p>	<p>Wednesday 18th January 2012 for 4 weeks</p> <p>From 7 - 9 pm</p>
<p>Galley Hill Children's Centre Galley Hill Hemel Hempstead, HP1 3JY</p>	<p>To book, please call 01442 426753 or email: admin.galleyhill@hertschildrenscentres.org.uk</p> <p><i>Places must be booked in advance</i></p>
<p>Child age range</p>	<p>For dads with sons under 5 years of age</p>

ABC About Boys Course for Parents with boys	
Who is it for?	Time and Date
<p>This course aims to increase parents confidence and understanding of their son's development and dealing with their behaviour.</p>	<p>Fridays 9, 16, 23 & 30 Mar 2012</p> <p>9:30 - 11:30</p>
<p>WorldShapers Children's Centre Woodhall Farm Community Centre Datchet Close Hemel Hempstead, HP2 7JX</p>	<p>To book, please call Mary on 01442 269804</p>
<p>Child age range</p>	<p>0-5yrs</p>
<p>Free Crèche available, please book in advance</p>	

ABC—About Boys Development Course	
Who is it for?	Time and Date
<p>Mothers of boys aged 0-5yrs</p> <p>This course aims to give mothers more understanding of their sons development & behaviour, a series of techniques to provide their sons with boundaries & discipline and more confidence in supporting their sons through any difficulties they may have.</p>	<p>Weds 18th, 25th Jan, 1st & 8th Feb 2012</p> <p>9.30am-11.30am</p>
<p>Orchard children's centre, Silk Mill Way, Tring, HP23 5DJ www.hertschildrenscentres.org.uk/orchard</p>	<p>Please phone to book or for details or check our website admin.orchard@hertschildrenscentres.org.uk</p> <p>Andrea or Amanda 01442 426922</p>
<p>Child age range</p>	<p>Boys 0-5yrs</p>
<p>No crèche available</p>	