



South West Herts Partnership
Family Support Service

PARENTING COURSE CALENDAR

South West Herts Partnership has collated a list of parenting events happening online from our parent organisations on the following pages.



swhp_familysupportservice



<https://www.southwesthertspartnership.org.uk/>



Fully Funded By Herts County Council



Calendar

JOIN THE TEAM

ONLINE PARENTING COURSES DELIVERED TO YOUR HOME VIA ZOOM. Full details on how to access and use Zoom will be offered. Open to parents and carers across Hertfordshire. Pre-booking essential. Please quote the course ID.

Contact Supporting Links on: 07512 709556
bookings@supportinglinks.co.uk www.supportinglinks.co.uk

MAY
06

8PM
ONLINE
COURSE

TALKING ADDITIONAL NEEDS
6 FREE weekly sessions for parents and carers of children with any additional need from 2-19 yrs. Your child does not need to have a diagnosis, but does need a recognised additional need.
Pre-booking essential—quote course ID 756

MAY
06

8PM
ONLINE
COURSE

TALKING FAMILIES
6, weekly sessions for parents and carers of children aged 0-12 sharing tips on: Managing challenging behaviour with consistency, Setting and maintaining boundaries, Responding to tantrums and difficult feelings in children and more
Pre-booking essential—quote course ID 758

MAY
07

7:45PM
ONLINE
COURSE

TALKING TEENS
Our FREE 6 week course for parents and carers of children aged 12-19 recognising the physical and emotional changes taking place during the teenage years and why their behaviour changes.
Pre-booking essential—quote course ID 759

MAY
08

9.45AM
ONLINE
COURSE

TALKING FAMILIES
6, weekly sessions for parents and carers of children aged 0-12 sharing tips on: Managing challenging behaviour with consistency, Setting and maintaining boundaries, Responding to tantrums and difficult feelings in children and more
Pre-booking essential—quote course ID 757



Fully Funded By Herts County Council



Calendar

JOIN THE TEAM

JUNE

03

7:45PM

ONLINE
COURSE

JUNE

04

7:45PM

ONLINE
COURSE



APR

02

9:30AM

ONLINE
COURSE

ONLINE PARENTING COURSES DELIVERED TO YOUR HOME VIA ZOOM. Full details on how to access and use Zoom will be offered. Open to parents and carers across Hertfordshire. Pre-booking essential. Please quote the course ID.

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TALKING TEENS

Our **FREE** 6 week course for **parents and carers of children aged 12-19** recognising the physical and emotional changes taking place during the teenage years and why their behaviour changes.

Pre-booking essential—quote course ID 760

TALKING DADS

6 FREE weekly sessions for **dads and male carers with children aged 0-11** to help you to develop your dad/child relationship, now and for the future.

Pre-booking essential—quote course ID 761

We have a number of **single session workshops** for parents of children with diagnosed or suspected ASD and or ADHD. These are funded by Herts County Council so are free for parents who live or go to school in Herts to attend

Pre-booking essential. Please quote the course ID.

Contact Supporting Links on: 07512 709556

bookings@supportinglinks.co.uk

<https://www.supportinglinks.co.uk/whatson.html>

TALKING ASD & ADHD WORKSHOP: RESPONDING TO ANGER

Recognise, respond to and reduce the impact of anger in your family. Based on our CAN Parent accredited Anger: Escaping the Trap course, we have developed this popular workshop that is more than anger management strategies, because we want anyone who attends to leave understanding what is happening for their child and what they can do about it.

Pre-booking essential—quote course ID 714



Families In Focus CIC

Enabling families to be stronger together

DSPL | Delivering Special
Provision Locally
Achieving quality outcomes

APR

22

9:30AM

ONLINE
COURSE

APR

22

12:30PM

ONLINE
COURSE

APR

22

6:30PM

ONLINE
COURSE

APR

23

9:30AM

ONLINE
COURSE



Calendar

JOIN THE TEAM

FREE Support, information & learning groups for parents caring for children with special educational needs and/or disabilities and chronic health conditions – no need to book just turn up unless stated otherwise. Delivered by experienced, trained facilitators with over 25 years of personal experience and professional knowledge to share in a non-judgemental and supportive environment. www.familiesinfocus.co.uk

Email: bookings@familiesinfocus.co.uk for further details

HANDLING ANGER OF PRIMARY AGED CHILDREN WITH ADHD AND/OR AUTISM

A free six-week course for parents with primary aged children with ADHD and/or Autism, living in Hertfordshire. This very popular, effective and award winning anger management course helps parents to gain understanding of Autism and ADHD and how behaviours can be effected

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COMPLETE GUIDE TO PARENTING CHILDREN AUTISM OR ADHD

This free 9-week course is for those parenting children aged two to 11 with all Special Education Needs living in Hertfordshire including those on assessment pathways. Learn a range of strategies and solutions, to better manage behaviours that challenge



Families In Focus CIC

Enabling families to be stronger together

DSPL | Delivering Special Provision Locally
Achieving quality outcomes

APR

6:30PM

23

ONLINE
COURSE

MAY

7PM

12

ONLINE
COURSE



LOTTERY FUNDED

To get codes for Parent Network online sessions, join our closed Facebook group here – <https://www.facebook.com/groups/184975381651870/>

TUES

8PM

48 WKS
PER YEAR

ONLINE
COURSE



Calendar

JOIN THE TEAM

FREE Support, information & learning groups for parents caring for children with special educational needs and/or disabilities and chronic health conditions – no need to book just turn up unless stated otherwise. Delivered by experienced, trained facilitators with over 25 years of personal experience and professional knowledge to share in a non-judgemental and supportive environment. www.familiesinfocus.co.uk

Email: bookings@familiesinfocus.co.uk for further details

COMPLETE GUIDE TO PARENTING CHILDREN AUTISM OR ADHD

This free 9-week course is for those parenting children aged two to 11 with all Special Education Needs living in Hertfordshire including those on assessment pathways. Learn a range of strategies and solutions, to better manage behaviours that challenge

HANDLING ANGER IN THE FAMILY

FREE 6 Week Handling Anger in your family (with primary aged children) for parents living in Hertfordshire via ZOOM (free downloadable app) This CANparent quality mark course is for parents of primary aged children, and provides practical and proven techniques to reduce angry meltdowns in your family.

Parent Networks are a mixture of free in-person and online support groups for parents of children and young people with SEND, where it is safe to share tips, stories, advice, or have a chat with others who truly understand how challenging family life can be.

Parent Network community is warm, welcoming, and friendly. As parents ourselves, we recognise how isolating it can be living with daily challenges and we simply want you to feel comfortable and connect with other parents who live in families similar to yours.

FIF ARMS

The FIF Arms is a drop-in session for parents of children with SEND, and you can join any time from 8-9.30pm, for as little or as much time as you like.

Join Siobhann and Tracey at the FIF Arms, every Tuesday, 8-10pm, online via Zoom, 48 weeks of the year. Everyone welcome!



These courses are funded by Herts County Council and are open to residents of Hertfordshire only

APR

9:30AM

01

ONLINE
COURSE

APR

7PM

01

ONLINE
COURSE

MAY

9:30AM

06

ONLINE
COURSE

MAY

7PM

06

ONLINE
COURSE

MAY

7PM

08

ONLINE
COURSE



Calendar

JOIN THE TEAM

Families Feeling Safe is an award-winning Social Enterprise, delivering high quality Protective Behaviours training, courses and workshops. Our work means children, young people and families feel safer in their communities by improving their resilience and emotional & mental wellbeing.

For eligibility and to book your FREE place:

email: enquiries@familiesfeelingsafe.co.uk **Tel:** 07748 332606

COMMUNICATION WORKSHOP

This 2 hour fully funded workshop is open to all Hertfordshire parents and carers. Learn why communication matters for everyone, skills and strategies - from learning to practice and the importance of communication and the Protective Behaviours Process

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This 2 hour fully funded workshop is open to all Hertfordshire parents and carers. Learn why communication matters for everyone, skills and strategies - from learning to practice and the importance of communication and the Protective Behaviours Process

SUPPORTING FAMILIES WITH PROTECTIVE BEHAVIOURS

A **FREE** online course for **Mums, Dads and Carers** of children 0-19yrs.

Are you looking for some strategies and new ideas to help improve family life?

Course Code: L5/am

SUPPORTING FAMILIES WITH PROTECTIVE BEHAVIOURS

A **FREE** online course for **Dads and Male Carers** of children 0-19yrs.

Are you looking for some strategies and new ideas to help improve family life?

Course Code: L4/eve

SUPPORTING FAMILIES WITH PROTECTIVE BEHAVIOURS

A **FREE** online course for **Mums, Dads and Carers** of children 0-19yrs.

Are you looking for some strategies and new ideas to help improve family life?

Course Code: L5/eve



A SLICE OF
HAPPINESS
NOBODY IS BROKEN



Calendar

JOIN THE TEAM

A Slice of Happiness is a Community Interest Company serving Hertfordshire, supporting adults in overcoming complex challenges and multiple issues. Through online group Programmes, we help people uncover their human potential.

Our 8-week online programme (3 hours per session) is available **free of charge for Hertfordshire residents who are unemployed or on Universal Credit or Pension Credit.** This is a non discharge service and all beneficiaries will have access to ongoing support upon completion of the programme.

<https://www.asliceofhappiness.org/unemployed/>

MAY

5:30PM

13

**ONLINE
COURSE**

FREE ONLINE SUPPORT GROUP

Areas we can help you with:

- Stress and overthinking
- Trauma
- Mental ill health including Clinical Diagnoses
- Physical limitations
- Poor decision-making and behaviours
- Relationship problems including Domestic Violence
- Parenting
- Loneliness and social isolation
- Lack of confidence
- Bereavement
- Addictions
- Suicidal thoughts

MAY

10:30AM

14

**ONLINE
COURSE**

FREE ONLINE SUPPORT GROUP

Areas we can help you with:

- Stress and overthinking
- Trauma
- Mental ill health including Clinical Diagnoses
- Physical limitations
- Poor decision-making and behaviours
- Relationship problems including Domestic Violence
- Parenting
- Loneliness and social isolation
- Lack of confidence
- Bereavement
- Addictions
- Suicidal thoughts



Calendar

JOIN THE TEAM

Hertfordshire County Council is working with the relationship charity **OnePlusOne** to offer parents free access to online courses. Wherever you are in your parenting journey, these courses will help you learn how to cope with stress and communicate better.

Simply select '**Central England**' and '**Hertfordshire**' from the map using the link below and register for your **FREE** account.

<http://www.oneplusone.org.uk/parents>

ONEPLUSONE

Arguing better - for anyone looking to learn how to cope better with stress and deal with arguments in a healthy way.

Me, You and Baby Too - to help new and expecting parents navigate the changes that happen in their relationship when a baby arrives.

Getting it right for children - to help separated or separating parents learn to manage conflict and minimise the impact it has on their children.

There's also some helpful advice about the impact of debt on relationships.



MAY

07

10AM

ASDA WATFORD
COMMUNITY
ROOM #4



Delivering Special Provision Locally

PARENT/CARER COFFEE MORNING

Please join the **DSPL9 Triage team** to find out about the support available locally and to meet other parents and carers of children with SEND. We are delighted to also be welcoming professionals from Children and Young People's Mental Health Services, SPACE Herts and Add Vance.

If you would like to attend or to find out more, please email us at: enquiries@dsplarea9.org.uk



Autism | ADHD
Neurodiverse Conditions

For residents of Hertfordshire only

To join our upcoming Support Groups and Check In and Chats please follow us on [Facebook](#) and [Eventbrite](#) to be alerted when they are available to book.

MAY

20

7PM

THE KITCHEN
WATFORD RD
CROXLEY GREEN
WD3 3DB

JUNE

17

7PM

THE KITCHEN
WATFORD RD
CROXLEY GREEN
WD3 3DB

These courses are funded by Herts County Council and are open to residents of Hertfordshire only

ADD-vance



APR

01

1:30PM

ONLINE
COURSE



Calendar

JOIN THE TEAM

Our support group is open to all parents/carers/families who are raising children and young people with neurodiverse conditions including autism and ADHD.

Your child/young person does not need a diagnosis in order for you to access our groups, and the support group is **FREE** to attend.

CROXLEY SUPPORT GROUP

We are a friendly, knowledgeable and supportive team, and we are all SEN parents ourselves, so we really do understand the high's and lows of raising children with neuro-developmental differences.

Teas, coffees and biscuits are all provided!

CROXLEY SUPPORT GROUP

We are a friendly, knowledgeable and supportive team, and we are all SEN parents ourselves, so we really do understand the high's and lows of raising children with neuro-developmental differences.

Teas, coffees and biscuits are all provided!

FREE ONLINE SUPPORT GROUPS FOR HERTS PARENTS/CARERS

ADD-vance runs regular support groups which provide an opportunity for you to meet other local parents and discuss individual concerns with two specialist ADD-vance coaches.

We welcome parents and carers who have a formal diagnosis for their child, as well as those who do not have a formal diagnosis but would like to learn more about neurodiversity.

For more information and to book your **FREE** place please see <http://add-vance.eventbrite.com/>

Tel: 01727 833963 Email: herts@add-vance.org

PDA SUPPORT GROUP

An online PDA support group for parents and carers of children with characteristics of Pathological Demand Avoidance

Funded by Hertfordshire County Council's Targeted Parenting Fund and is open to residents of Hertfordshire only

Funded by Hertfordshire County Council's Targeted Parenting Fund and is open to residents of Hertfordshire only

ADD-vance



Calendar

JOIN THE TEAM

ADD-vance is a dedicated group of professionals, who also happen to be parents of children with ADHD and/ or Autism. Our mission is to support the families of neurodiverse children and the professionals involved in their care. We want to increase understanding and change perceptions, to help these young people reach their full potential

For more information and to book your FREE place please see <http://add-vance.eventbrite.com/>

Tel: 01727 833963 Email: herts@add-vance.org

APR

22

10AM

**ONLINE
COURSE**

UNDERSTANDING ADHD & AUTISM FOR PARENTS/CARERS OF GIRLS

For parents/carers of girls aged 5-14 yrs (or 4 yrs and already in reception) with a diagnosis or suspected diagnosis of ADHD and/or Autism.

Parent/carers of boys who present in a similar way to girls in terms of ADHD/Autism traits, are also welcome

APR

24

7PM

**ONLINE
COURSE**

UNDERSTANDING ADHD & AUTISM IN THE TEEN YEARS

Parent/carers of pre-teens and teens aged 12-15 yrs (or 11 yrs and already at secondary school) with a diagnosis or suspected diagnosis of ADHD and/or Autism.

A basic knowledge of ADHD and/or Autism is assumed.

JUNE

03

7PM

**ONLINE
COURSE**

UNDERSTANDING ADHD & AUTISM IN THE EARLY YEARS

An introductory course for parent/carers of children aged 2 - 5 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism.

JUNE

04

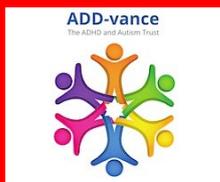
7PM

**ONLINE
COURSE**

UNDERSTANDING ADHD & AUTISM IN THE PRIMARY YEARS

For parents/carers of children aged 5-11 yrs (or 4 yrs and already in reception) with a diagnosis or suspected diagnosis of ADHD and/or Autism.

These courses are funded by Herts County Council and are open to residents of Hertfordshire only



Calendar

JOIN THE TEAM

FREE ONLINE SPRING 2025 WORKSHOPS FOR PARENTS/CARERS

We are again delighted to offer our full programme of workshops, funded by Hertfordshire County Council. These interactive workshops will be delivered via Zoom and can be accessed via a PC, laptop, tablet or smartphone.

For more details and to book your FREE ticket, please see

<http://add-vance.eventbrite.com/> or visit our website

<http://www.add-vance.org/>

<https://www.eventbrite.co.uk/o/add-vance-14054405963>

APR

VARIOUS
DATES

AM/PM

VARIOUS
TIMES

- 02 APR TIPS & TOOLS TO MANAGE SCHOOLS ABSENCE
- 23 APR IDENTIFYING ADHD AND/OR AUTISM
- 25 APR UNDERSTANDING AUTISM
- 28 APR UNDERSTANDING AUTISM FOR PARENTS/CARERS OF GIRLS
- 30 APR UNDERSTANDING ADHD FOR PARENTS/CARERS OF GIRLS

MAY

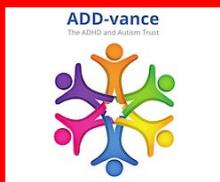
VARIOUS
DATES

AM/PM

VARIOUS
TIMES

- 02 MAY UNDERSTANDING ADHD
- 07 MAY UNDERSTANDING PDA
- 09 MAY UNDERSTANDING ADHD AND AUTISM IN THE EARLY YEARS
- 12 MAY SUPPORTING THE TRANSITION TO PRIMARY SCHOOL
- 14 MAY UNDERSTANDING CHALLENGING BEHAVIOUR
- 16 MAY TIPS & TOOLS TO MANAGE ANGER
- 19 MAY SUPPORTING THE TRANSITION TO SECONDARY SCHOOL
- 21 MAY UNDERSTANDING SENSORY DIFFERENCES
- 23 MAY TIPS & TOOLS TO MANAGE SENSORY DIFFERENCES

These courses are funded by Herts County Council and are open to residents of Hertfordshire only



Calendar

JOIN THE TEAM

FREE ONLINE SUMMER 2025 WORKSHOPS FOR PARENTS/ CARERS

We are again delighted to offer our full programme of workshops, funded by Hertfordshire County Council. These interactive workshops will be delivered via Zoom and can be accessed via a PC, laptop, tablet or smartphone.

For more details and to book your FREE ticket, please see

<http://add-vance.eventbrite.com/> or visit our website

<http://www.add-vance.org/>

<https://www.eventbrite.co.uk/o/add-vance-14054405963>

JUNE

AM/PM

VARIOUS
DATES

VARIOUS
TIMES

- 02 JUNE APPLYING FOR AN EHCP
- 04 JUNE PREPARING FOR AN EHCP REVIEW
- 06 JUNE WORKING IN PARTNERSHIP WITH SCHOOL
- 09 JUNE UNDERSTANDING NEURODIVERGENT TEENS
- 11 JUNE TIPS & TOOLS TO MANAGE SCHOOL ABSENCE
- 13 JUNE TIPS & TOOLS TO MANAGE EATING DIFFICULTIES
- 16 JUNE UNDERSTANDING ANXIETY
- 18 JUNE TIPS & TOOLS TO MANAGE ANXIETY
- 23 JUNE TIPS & TOOLS TO BUILD SELF-ESTEEM
- 25 JUNE TIPS & TOOLS TO SUPPORT COMMUNICATION
- 30 JUNE TIPS & TOOLS TO SUPPORT EXECUTIVE FUNCTION

JULY

AM/PM

VARIOUS
DATES

VARIOUS
TIMES

- 02 JULY SUPPORTING SIBLINGS
- 04 JULY TIPS & TOOLS TO MANAGE EVERYDAY CHANGES
- 07 JULY TIPS & TOOLS TO SUPPORT EMOTIONAL DEVELOPMENT
- 09 JULY TIPS & TOOLS TO SUPPORT SOCIAL SKILLS
- 11 JULY TIPS & TOOLS TO ENCOURAGE POSITIVE BEHAVIOUR