



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

|             |                      |
|-------------|----------------------|
| <b>SEPT</b> | <b>8PM</b>           |
| <b>16</b>   | <b>ONLINE COURSE</b> |

**TALKING ADDITIONAL NEEDS**

6 **FREE** weekly sessions for parents and carers of children with any additional need from 2-12 yrs.  
Your child does not need to have a diagnosis, but does need a recognised additional need.  
**Pre-booking essential—quote course ID 675**

|             |                      |
|-------------|----------------------|
| <b>SEPT</b> | <b>9.45AM</b>        |
| <b>17</b>   | <b>ONLINE COURSE</b> |

**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 678**

|             |                      |
|-------------|----------------------|
| <b>SEPT</b> | <b>7.45PM</b>        |
| <b>17</b>   | <b>ONLINE COURSE</b> |

**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 682**

|             |                      |
|-------------|----------------------|
| <b>SEPT</b> | <b>7.45PM</b>        |
| <b>18</b>   | <b>ONLINE COURSE</b> |

**TALKING ANGER IN TEENS**

6, weekly sessions for parents and carers of children and young people aged 12-19, supporting you to understand why children and adults get angry and develop strategies to handle anger in yourself and others within your family.  
**Pre-booking essential—quote course ID 681**

|             |                      |
|-------------|----------------------|
| <b>SEPT</b> | <b>7.45PM</b>        |
| <b>18</b>   | <b>ONLINE COURSE</b> |

**TALKING DADS**

6 **FREE** weekly sessions for dads and male carers with children aged 0-19 to help you to develop your dad/child relationship, now and for the future.  
**Pre-booking essential—quote course ID 685**



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**

|             |                      |
|-------------|----------------------|
| <b>SEPT</b> | <b>8PM</b>           |
| <b>19</b>   | <b>ONLINE COURSE</b> |

**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 680**

|            |                      |
|------------|----------------------|
| <b>NOV</b> | <b>9.45AM</b>        |
| <b>05</b>  | <b>ONLINE COURSE</b> |

**TALKING ANXIETY IN FAMILIES**

6, weekly sessions for parents and carers of children under 12 supporting you to understand why young people and adults get anxious and develop strategies to handle anxiety in yourself and others within your family.  
**Pre-booking essential—quote course ID 677**

|            |                      |
|------------|----------------------|
| <b>NOV</b> | <b>7.45PM</b>        |
| <b>05</b>  | <b>ONLINE COURSE</b> |

**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 683**

|            |                      |
|------------|----------------------|
| <b>NOV</b> | <b>7.45PM</b>        |
| <b>06</b>  | <b>ONLINE COURSE</b> |

**TALKING DADS**

6 **FREE** weekly sessions for dads and male carers with children aged 0-19 to help you to develop your dad/child relationship, now and for the future.  
**Pre-booking essential—quote course ID 686**

|            |                      |
|------------|----------------------|
| <b>NOV</b> | <b>7.45PM</b>        |
| <b>06</b>  | <b>ONLINE COURSE</b> |

**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 684**



Fully Funded By Herts County Council



# Calendar

JOIN THE TEAM

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](mailto:bookings@supportinglinks.co.uk)

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

|            |                      |
|------------|----------------------|
| <b>OCT</b> | <b>9.30AM</b>        |
| <b>23</b>  | <b>ONLINE COURSE</b> |

**TALKING ASD & ADHD WORKSHOP: SCHOOL AVOIDANCE**

Helping you to understand why school avoidance happens and how to support your child . We help parents to use new knowledge and strategies within their own families and, thereby, support their child by informing, encouraging and giving parents the opportunity for reflection and a change of approach.

**Pre-booking essential—quote course ID 687**

|            |                      |
|------------|----------------------|
| <b>NOV</b> | <b>7.30PM</b>        |
| <b>04</b>  | <b>ONLINE COURSE</b> |

**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 two hour 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 688**

|            |                      |
|------------|----------------------|
| <b>NOV</b> | <b>9.30AM</b>        |
| <b>21</b>  | <b>ONLINE COURSE</b> |

**TALKING ASD & ADHD WORKSHOP: TECH USE**

Are you concerned about the amount of time your child spends online?  
Are you having frequent arguments about getting off devices?  
Recognise how to support difficulties with online behaviour.

**Pre-booking essential—quote course ID 689**

|            |                      |
|------------|----------------------|
| <b>NOV</b> | <b>7.30PM</b>        |
| <b>25</b>  | <b>ONLINE COURSE</b> |

**TALKING ASD & ADHD WORKSHOP: THE TEENAGE YEARS**

Helping you to understand and support your child of 11+ to be the best they can be with as little conflict as possible  
As a parent of a child with additional needs, you may well be wondering how your child will experience adolescence and how you can support them whilst helping them to develop important independence skills.

**Pre-booking essential—quote course ID 690**



Families In Focus CIC

Enabling families to be stronger together

**DSPL** | Delivering Special Provision Locally  
Achieving quality outcomes



**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](http://www.familiesinfocus.co.uk)

Email: [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) for further details

**SEPT**

**9.30AM**

**11**

**ONLINE COURSE**

**COMPLETE GUIDE TO PARENTING CHILDREN WITH SEND**

This free 10-week course is for those parenting children aged two to 11 with all Special Education Needs living in Hertfordshire. Gain a greater understanding and answer the question, 'Why does my child do that?' Learn a range of strategies and solutions, to better manage behaviours that challenge. Parents need to live in Hertfordshire, have a diagnosed or awaiting assessment of needs child aged 2-11, and able to attend all 10 sessions

**SEPT**

**6.30PM**

**11**

**ONLINE COURSE**

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

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.

**TUES**

**8PM**

**48 WKS PER YEAR**

**ONLINE COURSE**

**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.



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Achieving quality outcomes



**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](http://www.familiesinfocus.co.uk)

Email: [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) for further details

|             |                      |
|-------------|----------------------|
| <b>SEPT</b> | <b>9.30AM</b>        |
| <b>10</b>   | <b>ONLINE COURSE</b> |

**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

|             |                      |
|-------------|----------------------|
| <b>SEPT</b> | <b>6.30PM</b>        |
| <b>10</b>   | <b>ONLINE COURSE</b> |

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|             |                      |
|-------------|----------------------|
| <b>SEPT</b> | <b>9.30AM</b>        |
| <b>12</b>   | <b>ONLINE COURSE</b> |

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|             |                      |
|-------------|----------------------|
| <b>SEPT</b> | <b>9.30AM</b>        |
| <b>12</b>   | <b>ONLINE COURSE</b> |

**HANDLING ANGER IN THE FAMILY**

A FREE 6 Week course for parents living in Hertfordshire. 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. A very popular, effective and award winning course.

|            |                      |
|------------|----------------------|
| <b>NOV</b> | <b>6.30PM</b>        |
| <b>04</b>  | <b>ONLINE COURSE</b> |

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Enabling families to be stronger together

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Provision Locally  
*Achieving quality outcomes*



**Calendar**

**JOIN THE TEAM**

This Transforming family life with empathy courses is made up of 3 x 2 hour sessions (parents must attend all 3 sessions).

This online course takes place on Zoom in small therapeutic groups of up to 12 parents of children aged 4-10 years old living in Hertfordshire. Interactive groups with discussions and experiential exercises. There will be short daily homework tasks each week to complete with feedback required.

[www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)

**SEPT**

**10**

**6.30PM**

**ONLINE  
COURSE**

**TRANSFORMING FAMILY LIFE THROUGH EMPATHY –  
PARENTS OF CHILDREN WITH SEND AGED 4-10 YRS**

Helping parents to build strong family connections. Using empathy to transform family life helps parents to: slow down their reactions and stay calmer, tune into what the child is experiencing in the moment. Supports parents in gaining a better understanding of their child's feelings

**SEPT**

**16**

**9.30AM**

**ONLINE  
COURSE**

**TRANSFORMING FAMILY LIFE THROUGH EMPATHY –  
PARENTS OF CHILDREN WITH SEND AGED 4-10 YRS**

Helping parents to build strong family connections. Using empathy to transform family life helps parents to: slow down their reactions and stay calmer, tune into what the child is experiencing in the moment. Supports parents in gaining a better understanding of their child's feelings

**SEPT**

**30**

**6.30PM**

**ONLINE  
COURSE**

**TRANSFORMING FAMILY LIFE THROUGH EMPATHY –  
PARENTS OF CHILDREN AGED 4-10 YRS**

Helping parents to build strong family connections. Using empathy to transform family life helps parents to: slow down their reactions and stay calmer, tune into what the child is experiencing in the moment. Supports parents in gaining a better understanding of their child's feelings

**NOV**

**11**

**9.30AM**

**ONLINE  
COURSE**

**TRANSFORMING FAMILY LIFE THROUGH EMPATHY –  
GRANDPARENTS OF GRANDCHILDREN AGED 4-10 YRS**

Helping parents to build strong family connections. Using empathy to transform family life helps parents to: slow down their reactions and stay calmer, tune into what the child is experiencing in the moment. Supports parents in gaining a better understanding of their child's feelings

**NOV**

**27**

**6.30PM**

**ONLINE  
COURSE**

**TRANSFORMING FAMILY LIFE THROUGH EMPATHY –  
FATHERS OF CHILDREN WITH SEND AGED 4-10 YRS**

Helping parents to build strong family connections. Using empathy to transform family life helps parents to: slow down their reactions and stay calmer, tune into what the child is experiencing in the moment. Supports parents in gaining a better understanding of their child's feelings



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

OCT

08

9.30AM

ONLINE COURSE

OCT

08

7PM

ONLINE COURSE

OCT

10

7PM

ONLINE COURSE

Healthy hubs  
Hertfordshire



# 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](mailto:enquiries@familiesfeelingsafe.co.uk) Tel: 07748 332606**

## SUPPORTING FAMILIES WITH PROTECTIVE BEHAVIOURS

A **FREE** online course for **Mums, Dads, Step-Parents and Carers**. 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 **Mums, Dads, Step-Parents and Carers**. Are you looking for some strategies and new ideas to help improve family life?

**Course code: L5/eve**

## SUPPORTING FAMILIES WITH PROTECTIVE BEHAVIOURS

A **FREE** online course for **Dads, Step-Parents and Male Carers**. Are you looking for some strategies and new ideas to help improve family life?

**Course code: L4/eve**

## HERTFORDSHIRE HEALTHY HUBS

Come meet us in person for a friendly chat about your health and wellbeing. Choose your nearest hub from below to find out when it's open and how to get in touch.

Tues 12pm-2pm Methodist Church, Mill End ([Three Rivers](#))

Weds 9am-5pm School Mead, Abbots Langley ([Three Rivers](#))

Weds 9am-5pm Watford Town Hall ([Watford](#))

Thurs 9.30am-5pm South Oxhey Library ([Three Rivers](#))

<https://www.healthyhubs.org.uk/contact/find-your-local-healthy-hub.aspx>



Hertfordshire  
Family Centre  
Service



# Calendar

JOIN THE TEAM

The Children's Wellbeing Practitioners deliver several emotional wellbeing workshops throughout the year targeted at parents/carers and young people. These workshops are currently being delivered virtually via Microsoft Teams and a referral into the service is not required to access workshops.

You can book a place onto a workshop via [Eventbrite](#). To use the Family Centre Service please make sure you sign up or it could effect your booking. Simply follow the link to sign up: <https://www.hertsfamilycentres.org/sign-up.aspx>

JULY

10

10AM

BEECHFIELD FAMILY  
CENTRE  
GAMMONS LANE  
WD24 5TY

## SHOPPING ON A BUDGET

This workshop will help you to have a better understanding of your finances and calculate ways to help save money.

<https://www.eventbrite.co.uk/e/shopping-on-a-budget-beechfield-family-centre-watford-10072024-tickets->

SEPT

10

7.30PM

ONLINE  
COURSE

## FAMILY TOOLKIT

For families with children ages 2-5 years old. A great course to learn some new ideas about how to manage children's behaviour and get the best out of life.

To book call 0300 123 7572 select district then option 2

NOV

19

7.30PM

ONLINE  
COURSE

## FAMILY TOOLKIT

For families with children ages 2-5 years old. A great course to learn some new ideas about how to manage children's behaviour and get the best out of life.

To book call 0300 123 7572 select district then option 2





Autism | ADHD  
Neurodiverse Conditions

For residents of Hertfordshire only



# Calendar

JOIN THE TEAM

We host free in-person support groups for parents and carers creating friendly, informal ways of meeting other parents and carers in a relaxed, safe environment. Each meeting focuses on a different topic relevant to the SEND world supported by specialist speakers. There are lots of opportunities to find out about SEND services and how to access them as well as plenty of opportunities for informal chats.

JULY

08

6.30PM

ONLINE  
COURSE

## TOURETTE'S WORKSHOP

A session with Sophia Christophi, on the subject of Tourettes syndrome.

Do you know the difference between an autistic stim and a Tourette's tic?

Sophia talks about developing Tourette's in her teens and the impact this had on her.

JULY

10

10AM

ONLINE  
COURSE

## UNDERSTANDING ADHD

Join us for an exciting online workshop to gain a deeper understanding of ADHD. Whether you're a parent, educator, or simply curious about ADHD, this workshop is for you!

Our speakers will delve into the intricacies of ADHD, sharing valuable insights, tips, and strategies to navigate the challenges it presents and celebrate neurodiversity. Discover effective techniques for fostering positive relationship and promoting success in various aspects of life

JULY

16

10AM

ONLINE  
COURSE

## ANGER AND CONFLICT

Parents are able to understand and better manage children and young people who present as angry.

Workshop Content:

- What is anger?
- Anger management
- The Assault Cycle - antecedents, behaviour, consequences
- Strategies for managing anger & conflict

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.



Autism | ADHD  
Neurodiverse Conditions

For residents of Hertfordshire only

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**JULY**

**16**

**7PM**

**THE KITCHEN  
CROXLEY GREEN**

**SEPT**

**16**

**7PM**

**THE KITCHEN  
CROXLEY GREEN**

**OCT**

**15**

**7PM**

**THE KITCHEN  
CROXLEY GREEN**

**NOV**

**19**

**7PM**

**THE KITCHEN  
CROXLEY GREEN**



# 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.

**The Kitchen, 198 Watford Road, Croxley Green WD3 3DB**

## 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

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