

Who we are

DSPL7 supports parents and carers, staff in early years settings, schools and further education colleges by ensuring there is a range of provision and support services within the St Albans and Harpenden area for children and young people with additional needs.

Contact Us

DSPL7

The Hub
228 Hatfield Rd
St Albans
AL14LW

Phone: 01727 519229
Email: admin@dspl7.org.uk
Web: www.dspl7.org.uk



DSPL7
The Hub
228 Hatfield Rd
St Albans
AL14LW

Parenting Support Spring term 2023

(Electronic version)



DSPL7

St Albans District, Harpenden and Villages
Redbourn, Wheathampstead and Kimpton

Spring courses

This booklet outlines the courses that are being run by external providers over the Spring term 2023 to support parents and families who have a child or children with additional needs. Please visit the relevant websites to book.

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Parent & Carer Courses Spring Term 2023



TALKING FAMILIES

Our FREE 6 week course for parents and carers of children aged 0-12 will cover



- Managing challenging behaviour with consistency.
- Encouraging positive behaviour.
- Building your child's self esteem.
- Setting and maintaining boundaries.
- Responding to tantrums and difficult feelings in children.
- Developing a strong parent/child relationship now and for the future.

Thursdays 8.00-9.30pm
5th Jan – 9th Feb
Online Course 553

Thursdays 9.30-11.30am
23rd Feb – 30th Mar
St Albans Course 552
Fleetville Family Centre

TALKING TEENS

Our FREE 6 week course for parents and carers of children aged 12-19 will cover



- 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.
- Understanding risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate and reduce conflict.

Thursdays 7.00-9.00pm
5th Jan – 9th Feb
Watford Course 556
Beechfield Family Centre

Mondays 7.45-9.15pm
20th Feb – 27th Mar
Online Course 554

Wednesdays 7.45-9.15pm
22nd Feb – 29th Mar
Online Course 555

Pre-booking essential

To check eligibility and book a place, please contact
Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk

Quoting the Course ID

Page 1 of 2

TALKING DADS

Dads play an important role in a child's life. This FREE course will help you be the Dad you want to be. Over 6 weekly sessions, fathers and male carers of children aged 0-19 will be supported to:



Dads,
Step-Dads,
Stay at
home Dads,
Working
Dads...

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

Wednesdays 7.45-9.15pm

4th Jan – 8th Feb

Online Course 557

Tuesdays 7.45-9.15pm

21st Feb – 28th Mar

Online Course 558

TALKING ADDITIONAL NEEDS

A free 6 week course for parents and carers of children aged 2-19 years with a recognised additional need. We will help you to:

- Understand your child's behaviour.
- Find strategies that really work.
- Understand conflict: why it happens and how to handle it.
- Manage anger effectively.
- Motivate, encourage and support your child.
- Manage different needs within your family.



Diagnosis
not
essential

Wednesdays 9.30-11.30am

22nd Feb – 29th Mar

5th Oxhey Course 550

5th Oxhey Family Centre

Thursdays 8.00-9.30pm

23rd Feb – 30th Mar

Online Course 551

Courses are open to parents and carers living in Hertfordshire

Pre-booking essential

**To check eligibility and book a place, please contact
Supporting Links on:**

07512 709556 or bookings@supportinglinks.co.uk

Quoting the Course ID

www.supportinglinks.co.uk

Information taken on booking will be used to process your booking, check your eligibility, identify any access needs and will be stored in accordance with our GDPR policy which is available on request



These courses are provided free to parents by
Hertfordshire County Council's Targeted Parenting Fund



Parent & Carer Support TALKING ASD & ADHD Online Workshops Spring Term 2023



For parents and carers of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



Tuesday 10th January

9.30-11.30am

Workshop 559 Pre-booking essential via Eventbrite Link

<https://www.eventbrite.co.uk/e/talking-asd-adhd-anxiety-and-stress-for-parentscarers-in-herts-559-registration-458379604737>

STRESS and ANXIETY

- The difference between stress and anxiety.
- Understanding anxiety related conditions amongst young people with ASD and/or ADHD.
- How to spot the non-verbal signs of stress.
- Common triggers amongst neurodiverse children.
- What an anxious child needs to feel safe and how to provide this.
- Strategies to engage an anxious or stressed child.
- The early warning signs of mental health problems.
- Where to access further help and support, locally and nationally.

Wednesday 22nd February

7.30-9.30pm

Workshop 560 Pre-booking essential via Eventbrite Link

<https://www.eventbrite.co.uk/e/talking-asd-adhd-anxiety-and-stress-for-parentscarers-in-herts-560-registration-458562411517>

RESPONDING TO ANGER

- The difference between healthy & unhealthy anger.
- The pattern that anger takes and how to spot the non-verbal signs early.
- Our own and our children's triggers.
- Techniques that stop angry and aggressive behaviour escalating and when to use them.
- How to respond to our child in meltdown, keeping ourselves, our child and siblings safe.
- Where to access further help and support, both locally and nationally.



Monday 16th January

7.30-9.30pm

Workshop 562 Pre-booking essential via Eventbrite Link

<https://www.eventbrite.co.uk/e/talking-asd-and-adhdresponding-to-anger-for-parentscarers-in-herts-562-registration-458706843517>

Tuesday 7th March

12.30-2.30pm

Workshop 561 Pre-booking essential via Eventbrite Link

<https://www.eventbrite.co.uk/e/talking-asd-and-adhdresponding-to-anger-for-parentscarers-in-herts-561-registration-458592962897>

info@supportinglinks.co.uk

Follow on:

www.supportinglinks.co.uk



Workshops are open to parents and carers living in Hertfordshire

THE TEENAGE YEARS

For parents and carers of children aged 11-25yrs

- Teenage brain development and how it affects a child with ASD/ADHD.
- Reducing conflict by learning how to respond effectively to difficult situations.
- Strengthening your parent/child relationship.
- How to agree appropriate boundaries and teach risk assessment.
- Adapting our parenting approach to help our teens become independent adults.

COPING with CHANGE

- How children feel and behave when experiencing change.
- How to prepare children for changes such as starting a new school.
- How to support children during and after change by helping them to manage their emotions using effective stress reducing strategies.
- How children learn from new experiences and what to expect.

TECH USE

- How your child's diagnosis increases vulnerability online.
- What you can do to support any difficulties with online behaviour.
- Recognising when something is wrong.
- Managing difficult conversations with confidence.
- Setting and maintaining boundaries for online use.
- Teaching your child to develop their own methods of regulating internet use and staying safe.

SCHOOL AVOIDANCE

- What is Emotionally Based School Avoidance and is this what your child is experiencing?
- Common causes and triggers of school avoidance.
- How EBSA is affecting you and your family.
- Practical steps you can take to support your child.
- How to work with your school in your child's best interests.



Sessions will be run over Zoom so you will need access to a device such as a phone, tablet or computer with a speaker or headphones. We will help you get set up if you haven't used Zoom before. No special skills are needed.

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Monday 23rd January
7.30-9.30pm

Workshop 564 Pre-booking essential via Eventbrite Link

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-the-teenage-years-for-parentscarers-in-herts-564-registration-457025805487>



Monday 20th March
9.30-11.30am

Workshop 563 Pre-booking essential via Eventbrite Link

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-coping-with-change-for-parentscarers-in-herts563-registration-458747164117>



Monday 27th February
9.30-11.30am

Workshop 565 Pre-booking essential via Eventbrite Link

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-tech-use-565-for-parentscarers-in-herts-registration-457067209327>



Tuesday 31st January
7.30-9.30pm

Workshop 566 Pre-booking essential via Eventbrite Link

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-school-avoidance-for-parentscarers-in-herts-566-registration-458728999787>



SEND FAMILY SUPPORT SERVICE

Does your child have additional needs?



Do you need a listening ear?
Do you need practical help or emotional support?

Why don't you contact our support team?

Appointments available to book via the website below:
<https://spaceherts.org.uk/familysupport>

For more information or general enquires regarding family support please email - support@spaceherts.org.uk



support@spaceherts.org.uk

www.spaceherts.org.uk

SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM | ADHD | NEURODIVERSE CONDITIONS

REGISTERED CHARITY ENGLAND AND WALES NO: 117 2178



Lending SPACE Community Hub



If you live in Hertfordshire and your child has additional needs, visit us for:

- Hertfordshire's only specialist equipment Library: sensory, educational and practical resources FREE for families to borrow
- Friendly advice: help on equipment for your child's specific needs
- A listening ear: emotional and practical support
- Signposting: Knowledge and understanding of local resources, as well as community and statutory services



Stay for a drink and a chat with the SPACE team and other parent/carers. Children are welcome

Unit 19, The Maltings Business Centre, Roydon Road, Stanstead Abbots, SG12 8HG

Mon, Wed and Sat - 9.30am - 12.30pm

lendingspace@spaceherts.org.uk

07565 258 694

spaceherts.org.uk/lending-SPACE



SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM | ADHD | NEURODIVERSE CONDITIONS
REGISTERED CHARITY ENGLAND AND WALES No. 117 2176

Family Lives Spring Term Programme



Worried about your child? Join our free online and face to face groups and get support to help your child feel more confident and happier. The groups are for six weeks and delivered via Microsoft Teams or face to face.

Getting on with your Teens / Pre-teens

Face to Face in Hatfield

Tuesday 21st February to 28th March 2023

from 9.30am to 11.30am

Bringing up Confident SEN Children

Online Wednesday 25th Jan - 8th March 2023

from 7.00pm to 9.00pm

Bringing up Confident ADHD/ASD Children

Online Tuesday 21st Feb - 28th March 2023

from 7.00pm to 9.00pm

Bringing up Confident ADHD/ASD Children

Online Thursday 26th Jan to 9th March 2023

from 7.00pm to 9.00pm

**For more information, contact
Louise on 0204 522 8700/8701 or
email services@familylives.org.uk**

We build better family lives together

www.familylives.org.uk



Find us on Facebook @FamilyLivesHertsandBeds



Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No.1077722.
Registered address: 15-17 The Broadway, Hatfield, Hertfordshire, AL9 5HZ.

BECOME A HEALTHIER, HAPPIER FAMILY IN 2023

Come along to our fun, free healthy lifestyles courses and you will learn:



Sign up for your family's **FREE** place at beezebodies.com/families



or scan me with your smartphone camera

Monday	Tuesday	Wednesday	Thursday
BOREHAMWOOD Allum Hall WD6 3PJ 17:00 – 19:00	STEVENAGE Barnwell Middle School SG2 9XT 17:30 – 19:00	HODDESDON St. Cuthbert's Church EN11 0PU 17:30 – 19:30	HEMEL HEMPSTEAD Hobletts Manor Junior School HP2 5JS 17:30 – 19:30
WELWYN GARDEN CITY Ridgeway Academy AL7 2AF 17:00 – 19:00	WATFORD St Meryl Primary WD19 5BT 17:00 – 19:00	WALTHAM CROSS Hurst Drive Primary EN8 8DU 17:30 – 19:30	LETCHWORTH Jackmans Community Centre SG6 2NL 17:30 – 19:30

12 week BeeZee Families courses starting in Hertfordshire from January 16th

*to be eligible for this awesome free service, your family must live/go to school/be registered with a GP in Hertfordshire and include one child aged 5-15 who is above their ideal healthy weight.



Families In Focus CIC
LOOKING FORWARD TOGETHER

Handling anger in your primary aged child with ASD or ADHD

Funded by HCC and FREE, this six session CANparent Quality Award evidence-based course is for parents living in Hertfordshire and parenting children from 2 to 11 years.

Facilitated by Lesley and Francine who are trained, qualified and experienced facilitators and parents too, with 20+ years personal and professional experience.



This course will enable you and your family to:

- ✔ Gain understanding of Autism and ADHD and how behaviours can be affected
- ✔ Attain awareness of a child's sensory world and the affect on behaviour
- ✔ Understand how anger and other emotions live in your family
- ✔ Increase your understanding of triggers that cause angry outbursts
- ✔ Learn healthy anger management strategies for children and parents to reduce angry outbursts
- ✔ Discover creative ways to support children to 'let go' of anger safely
- ✔ Gain effective empathic communication techniques to reduce angry outbursts
- ✔ Meet and share experiences with other parents

"I feel empowered by the tools we were shown on this course and was at a real loss as to how to help my families anger and didn't know what to do. Others judged our family but not judged at all here. Emotional intelligence makes so much more sense now and I love the gentle but firm ideas we learnt each week."



Funded by Hertfordshire County Council

Where: Online via Zoom

When: Monday evenings 6.30-8.30pm
January 9th, 16th, 23rd, 30th
February 6th

Only 12 free places available. Email bookings@familiesinfocus.co.uk with name and date of course

Where: Online via Zoom

When: Thursday mornings 9.30-11.30am
January 5th, 12th, 19th, 28th
February 3rd, 10th



Families In Focus CIC
LOOKING FORWARD TOGETHER

Handling Anger in Your Family

Funded by HCC and FREE this 6 session CANparent Quality Award evidence based course is for parents living in Hertfordshire and parenting children from 5 to 11 years.

Facilitated by Lesley and Francine who are trained, qualified and experienced facilitators and parents too with 20 + years personal and professional experience.



This course will enable you and your family to:

- ✓ Gain greater understanding of anger dynamics in your family
- ✓ Understand the root causes or triggers of anger in your family
- ✓ Learn proven and effective strategies that will reduce anger in your family
- ✓ Discover new ways to communicate to calm and prevent anger... before it occurs!
- ✓ Learn safe and creative ways for children to 'let go' of pent up emotions safely
- ✓ Create a calm family environment so all can talk about their emotions safely
- ✓ Gain skills to manage your family's emotional regulation
- ✓ Meet other parents in a calm, judgement-free group

"I was in a quite low place when I joined this course but each week I took away ideas to help me understand why my child was so angry and it's amazing that things are so much more brighter now and highly recommend this to understand not only children's anger but yours too!



Funded by Hertfordshire County Council

Where: Online via Zoom
When: Wednesdays 6.30-8.30pm
January 4th, 11th, 18th, 25th
February 1st, 8th

Only 12 free places available. Places must be booked by emailing bookings@familiesinfocus.co.uk with name and date of course

www.familiesinfocus.co.uk Copyright © 2021 Families in Focus CIC info@familiesinfocus.co.uk

Where: Otley Way Family Centre, Otley Way, Watford, WD19 7TB

When: Wednesday mornings 10am - 12pm
January 4th, 11th, 18th, 25th
February 1st, 8th



Families In Focus CIC
LOOKING FORWARD TOGETHER

A Complete Guide to Parenting Children with ALL Special Educational Need

This course is free for all parents living in Hertfordshire and caring for a primary aged child inclusive of those awaiting diagnosis or with a diagnosis of Special Education Needs, Autism, ADHD & associated needs.

Lesley and Francine are parents, experienced and qualified trainers too.



Topics include:

- ✓ Gain 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
- ✓ Gain more understanding of anger triggers and strategies to reduce angry meltdowns
- ✓ Learn how to support siblings living with a sister/brother with additional needs / challenging behaviours
- ✓ Learn communication techniques to reduce 'emotional traffic jams' and improve your child's emotional regulation
- ✓ Learn techniques to manage stress, conflict and so much more

"I would highly recommend all parents of children with Autism go on this course - you'll be amazed how much you learn, and it's great that both Lesley and Francine are parents too, so really do understand."



Funded by Hertfordshire County Council and free for parents living in Hertfordshire

Where: Online via Zoom

When: Tuesday mornings 9.30-11.30am
January 10th, 17th, 24th, 31st
February 7th, 21st, 28th
March 7th, 14th, 21st

Only 12 free places available. Email bookings@familiesinfocus.co.uk with name and date of course

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Families In Focus CIC
LOOKING FORWARD TOGETHER

Sleep solutions for all children

Funded by Hertfordshire County Council and FREE for parents living in Hertfordshire and parenting children aged four to ten.

A proven evidence-based, behavioural approach to help families get a better night's sleep

Together, in small interactive groups with trained and accredited Parent Facilitators, Siobhann and Tracey, this evidence-based course will help restore healthy sleep. This course covers:

"Understanding why my child couldn't sleep without me in the bed was life changing. Learning that all I needed to do was make a few simple, gentle changes made it all seem so much more achievable. We do now all sleep in our own beds!"

- ✓ Understanding the stages of sleep and impact of sleep deprivation on children's behaviour and learning
- ✓ Identifying the causes of sleep difficulties, including a child's sensory sensitivities
- ✓ Support to find ways to bring balance to your child's sleep issues
- ✓ Tips and ideas that help children go to sleep and stay asleep
- ✓ Understanding and managing sleep problems such as night terrors and nightmares
- ✓ Learn how to actively listen and respond empathically to children to reduce concerns and feelings such as anxiety
- ✓ Helping parents to create a routine & sleep induced environment to aid healthy sleep for the whole family



Funded by Hertfordshire County Council and free for parents living in Hertfordshire and parenting children aged 4-10.

Where: Online via Zoom

When: Friday mornings 9.30-11.30am
January 6th, 13th, 20th, 27th
February 3rd, 10th



Limited free places available. Email bookings@familiesinfofocus.co.uk to secure your place

www.familiesinfofocus.co.uk

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info@familiesinfofocus.co.uk



ADD-vance
The ADHD and Autism Trust



UNDERSTANDING ADHD & AUTISM

**FREE INTRODUCTORY 6-WEEK
COURSES FOR PARENT/CARERS**

ABOUT THE COURSE

This interactive course is designed for parents & carers of children aged 5 to 14 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism (or 4 & already in reception).

**ALL SESSIONS MUST
BE ATTENDED**

TIME AND PLACE

Thursdays 5th January to 9th February
10 am to 12 pm
BEDMOND VILLAGE HALL, WD5 0QP

Thursdays 5th January to 9th February
7 - 9 pm
ONLINE VIA ZOOM

Understanding Girls with ADHD & Autism
Fridays 6th January to 10th February
10 am to 12 pm ONLINE VIA ZOOM




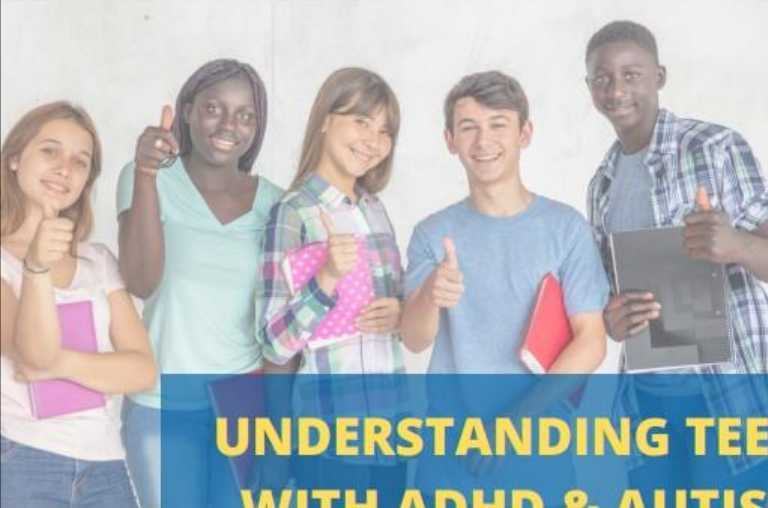
01727 833963

herts@add-vance.org

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

Book your **FREE** ticket on <http://add-vance.eventbrite.com/> or visit our website <http://www.add-vance.org/>

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

UNDERSTANDING TEENS WITH ADHD & AUTISM

FREE INTRODUCTORY 6-WEEK COURSES FOR PARENT/CARERS OF TEENS

ABOUT THE COURSE

This interactive course is designed for parents/carers of children aged 12 to 15 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism.

TIME AND PLACE

Thursdays
5th January to 9th February
10 am to 12 pm
ONLINE VIA ZOOM

☎ 01727 833963 ✉ herts@add-vance.org 🌐 <http://www.add-vance.org/>

Book your FREE ticket on <http://add-vance.eventbrite.com/> or visit our website <http://www.add-vance.org/>

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





FREE ONLINE SPRING 2023 WORKSHOPS FOR HERTS PARENTS/CARERS

Online Workshops funded by HCC	Audience	Day	Date	Time
Diagnosing ADHD and/or Autism	Parents/carers	Thu	5.1.23	10:00 - 11.30
Understanding ADHD	Parents/carers	Mon	9.1.23	10:00 - 11.30
Caring for Your Child (and Yourself)	Parents/carers	Tues	10.1.23	10:00 - 11.30
Tips & Tools to Build Self-Esteem	Parents/carers	Wed	11.1.23	10:00 - 11.30
Tips & Tools for Sleep	Parents/carers	Wed	11.1.23	19:00 - 20:30
Working in Partnership with School	Parents/carers	Mon	16.1.23	10:00 - 11.30
Tips & Tools to Support Communication	Parents/carers	Wed	18.1.23	10:00 - 11.30
Understanding Autism	Parents/carers	Wed	18.1.23	19:00 - 20:30
Applying for an EHCP	Parents/carers	Mon	23.1.23	10:00 - 11.30
Understanding PDA	Parents/carers	Tue	24.1.23	10:00 - 11.30
Tips & Tools to Teach Emotional Literacy	Parents/carers	Wed	25.1.23	10:00 - 11.30
Tips & Tools for Toileting	Parents/carers	Wed	25.1.23	19:00 - 20:30
Preparing for an EHCP Annual Review	Parents/carers	Mon	30.1.23	10:00 - 11.30
Understanding ADHD in Girls	Parents/carers	Tue	31.1.23	10:00 - 11.30
Tips & Tools to Support Learning	Parents/carers	Wed	1.2.23	10:00 - 11.30
Support for Dads	Parents/carers	Mon	6.2.23	19:00 - 20:30
Understanding Autism in Girls	Parents/carers	Tue	7.2.23	10:00 - 11.30
Tips & Tools to Manage Everyday Change	Parents/carers	Wed	8.2.23	10:00 - 11.30
Half Term				
Supporting Siblings	Parents/carers	Mon	20.2.23	10:00 - 11.30
Understanding Challenging Behaviour	Parents/carers	Tue	21.2.23	10:00 - 11.30
Tips & Tools to Manage Anger	Parents/carers	Wed	22.2.23	19:00 - 20:30
Supporting Transition into Primary School	Parents/carers	Mon	27.2.23	10:00 - 11.30
Understanding Sensory Differences	Parents/carers	Tue	28.2.23	10:00 - 11.30
Tips & Tools for Self Harm	Parents/carers	Wed	1.3.23	10:00 - 11.30
Tips & Tools to Manage Sensory Differences	Parents/carers	Wed	1.3.23	19:00 - 20:30
Supporting Transition into Secondary School	Parents/carers	Mon	6.3.23	10:00 - 11.30
Understanding Anxiety	Parents/carers	Tue	7.3.23	10:00 - 11.30
Tips & Tools to Support Puberty	Parents/carers	Wed	8.3.23	10:00 - 11.30
Tips & Tools to Manage Anxiety	Parents/carers	Wed	8.3.23	19:00 - 20:30
Tips & Tools for Positive Behaviour	Parents/carers	Mon	13.3.23	10:00 - 11.30
Preparing for Adulthood (14+)	Parents/carers	Wed	15.3.23	10:00 - 11.30
Understanding Neurodiverse Teens	Parents/carers	Wed	15.3.23	19:00 - 20:30
Tips & Tools to teach Social Skills	Parents/carers	Mon	20.3.23	10:00 - 11.30
Thinking About College?	Parents/carers	Tue	21.3.23	10:00 - 11.30
Thinking About University?	Parents/carers	Wed	22.3.23	10:00 - 11.30

☎ 01727 833963 ✉ herts@add-vance.org 🌐 <http://www.add-vance.org/>

Book your FREE ticket on <http://add-vance.eventbrite.com/> or visit our website






SUPPORT GROUPS

FREE ONLINE SUPPORT GROUPS FOR HERTS PARENTS/CARERS

ABOUT THE GROUPS

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.

TIME AND PLACE

General Primary Aged Children Support Group
Tuesday 10/01/23 - 1-2 pm

General Secondary Aged Children Support Group
Tuesday 17/01/23 - 1-2 pm

Support Group for Parents of 16-24 year olds
Tuesday 24/01/23 - 7.30-8.30 pm

General Early Years Support Group
Tuesday 31/01/23 - 10-11 am

PDA Support Group
Tuesday 07/02/23 - 1-2 pm

ALL ONLINE VIA ZOOM

☎ 01727 833963 ✉ herts@add-vance.org 🌐 <http://www.add-vance.org/>

Book your FREE ticket on <http://add-vance.eventbrite.com/> or visit our website <http://www.add-vance.org/>

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






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

- Understand the links between Feelings, Thoughts and Behaviour
- Understand what may be influencing your child's behaviour
- Respond to a range of feelings e.g. stress, anger, anxiety and worries
- Improve communication to build better relationships
- Build on your own and your child's strengths
- Learn strategies to help you and your family feel safe and have problem-solving skills for life

Thursday mornings
9.30am—11.30am
26 Jan, 2, 9, 23 Feb, 2, 9, 16 & 23 March 2023
At
Adeyfield Community Centre
The Queens Square, Hemel Hempstead
HP2 4EW
Creche available



Places are for families with children pre-birth up to 11yrs old (with one or more children under 5 years).
For eligibility and to book your FREE place please contact:
enquiries@familiesfeeling-safe.co.uk
Tel: 07748 332606
Please quote course No: HHS/01

 Please like us on Facebook for further updates @familiesfeeling-safe

Families Feeling Safe Protective Behaviours Services has been funded through HCC to provide Families Feeling Safe programmes across Hertfordshire. We deliver Protective Behaviours training for professionals and provide programmes and workshops to children and their families. www.familiesfeeling-safe.co.uk E-mail: enquiries@familiesfeeling-safe.co.uk

Families Feeling Safe

Supporting families with Protective Behaviours

ONLINE course
starting
January 2023

A FREE course for Mums,
Dads, Step-Parents and
Carers



Online Tuesday mornings
9.45am - 11.45am

10, 17, 24, 31 Jan & 7 Feb 2023
Sessions will run on Zoom



Please like us on Facebook for further updates @familiesfeelingsafe



Families Feeling Safe Protective Behaviours Services has been funded through HCC to provide Families Feeling Safe programmes across Hertfordshire. We deliver Protective Behaviours training for professionals and provide programmes and workshops to children and their families. www.familiesfeelingsafe.co.uk E-mail: enquiries@familiesfeelingsafe.co.uk

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

- Understand the links between Feelings, Thoughts and Behaviour
- Understand what may be influencing your child's behaviour
- Respond to a range of feelings e.g. stress, anger, anxiety and worries
- Improve communication to build better relationships
- Build on your own and your child's strengths
- Learn strategies to help you and your family feel safe and have problem-solving skills for life

Places are funded by HCC for families in Hertfordshire and there are eligibility criteria.

For eligibility and to book your FREE place please:

Email: enquiries@familiesfeelingsafe.co.uk

Tel: 07748 332606

Please quote course number OL5/01

Families Feeling Safe

Supporting families with Protective Behaviours

ONLINE course
starting
January 2023

A FREE course for Dads,
Step-Dads and Male Carers



Tuesday evenings Online
7.15pm - 9.15pm

10, 17, 24, 31 Jan & 7 Feb 2023
Sessions will run on Zoom



Please like us on Facebook for further updates @familiesfeelingsafe



Families Feeling Safe Protective Behaviours Services has been funded through HCC to provide Families Feeling Safe programmes across Hertfordshire. We deliver Protective Behaviours training for professionals and provide programmes and workshops to children and their families. www.familiesfeelingsafe.co.uk E-mail: enquiries@familiesfeelingsafe.co.uk

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

- Understand the links between Feelings, Thoughts and Behaviour
- Understand what may be influencing your child's behaviour
- Respond to a range of feelings e.g. stress, anger, anxiety and worries
- Improve communication to build better relationships
- Build on your own and your child's strengths
- Learn strategies to help you and your family feel safe and have problem-solving skills for life

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Tel: 07748 332606

Please quote course no. OL4/01

DECEMBER
BOOKINGS:
www.potentialkids.org.uk/activities

6th - 4.30-6.30
Teens

8th & 15th - 10-12
Steam

3rd & 17th - 4-5
Family football

15th 4:45-6
Trampolining

20th - 10am and 12pm
Xmas Fun in the hub
12plus yrs

22nd - 11am and 1pm
Xmas Fun in the hub
5-12yrs

Contact us for further information on any of our activities
info@potentialkids.org

POTENTIAL KIDS
www.potentialkids.org.uk

Learning opportunities for everyone through our inclusive programmes

ALTERNATIVE PROVISION PROVIDER
Hertfordshire County Council Approved
Did you know that you could gain work experience or do your Duke of Edinburgh Award with PK?

Always Connecting with our Community and the most vulnerable

PK Hub & Garden
1:1 & Small Group Education provider

OCN London
Approved center to deliver nationally Accredited qualifications

WARM HERTS - WARM PLACES

Fridays 11-1

PK Garden
Therapeutic Gardening Sessions available

the gallery | SPORT ENGLAND | PEOPLE'S POSTCODE | WELWYN HATEFIELD



Find the support you need at the Families First Portal

Families First is the name for early help in Hertfordshire. It is a way of getting extra support for your family to help you manage problems early on.

Families First is available to all Hertfordshire families with children under 18 (25 if they have a learning need or disability).

Visit the [portal](#) for more information, with direct links to:-

- 👑 Relationship Support
- 👑 Parenting advice and childcare
- 👑 Money advice
- 👑 Emotional and mental health
- 👑 Domestic abuse support
- 👑 Staying healthy
- 👑 Online Safety
- 👑 SEND Local Offer

"I am struggling to cope with everything at present, so feeling overwhelmed."

"I'm worried about my child's behaviour in school and at home"

"I'm worried about money"

"I need reassurance and support"

and many other useful links



hertfordshire.gov.uk/familiesfirst

