

Family Lives are delivering 5 parenting groups and 3 workshops, funded by Herts County Council, in the Spring term for targeted parents/carers who live in Hertfordshire.

All our programmes provide support, information and resources to parents/carers and adult family members so they can help their child reach their full potential as well as access to the wraparound support provided by our helpline, live chat and website.

**Bringing Up Confident ADHD/ASD Children (6 weeks) Online group
Thursday 25 January to 7 March 2024 9.30am – 11.30 via MS Teams**

If your child has ADHD/ASD, or you think they might, join our online 6-week group where you will receive support from other parents and gain a comprehensive understanding of ADHD/ASD and learn strategies to improve life at home and at school.

Sessions will cover :

- *ADHD/ ASD - a whole-family issue*
- *Understanding your child's behaviour*
- *Helping your child manage their feelings and outbursts*
- *Balancing support of siblings*
- *Learning about structure and routines*
- *Supporting your child at school*

**Less Shouting, More Cooperation (6 weeks) Online group
Tuesday 30 January to 12 March 7pm – 9pm Via MS Teams**

Do you feel you are constantly nagging or shouting at your child to get what you need? Are you tired of losing your cool and want a calmer house? Join our free online 6- week group to learn how you can change the way you communicate with your child, respond better and feel more in control

The sessions will cover:-

- *Exploring what helpful discipline is*
- *Recognising the triggers and responding more effectively*
- *Learning new parenting tools to challenge children's behaviour*
- *How to negotiate and implement effective boundaries and family agreements*
- *How to hold boundaries and gain co-operation*

**Sorting Out Family Arguments (6 weeks) Online group
Wednesday 7 February to 20 March 9.30am - 11.30am Via MS Teams**

Do you feel everything ends in an argument and you are constantly trying to keep the peace? Join our free online 6-week group to help improve family communication, reduce the reactions which lead to arguments and create a culture of teamwork in your family.

Sessions will cover :

- *How parents and children can be affected by conflict*
- *Strategies in handling and resolving conflict and anger*
- *Parents' role when there is sibling rivalry and jealousy, fostering cooperation rather than competition*
- *Effective communication, implementing boundaries and how to negotiate*

**Getting on with Your Pre Teen/Teenager (6 weeks) Online group
Tuesday 6 February 19 March 9.30am – 11.30am Via MS Teams**

Is your teen feeling anxious or isolated? Are you concerned about their mental health and struggling to get help? Maybe you have an FFA/CIN/CP in place and need more support. Join our free online

6-week online group to learn how parents can best emotionally support their teen and feel confident and prepared for whatever challenges might arise.

The sessions will cover:-

- *Learn tools to help teenagers manage difficult emotions & avoid drama and become more emotionally resilient*
- *How to change parenting styles to meet the developmental needs of your teenager & remain effective*
- *How to talk to teens so they will talk to you and build strong relationships*
- *How to set effective boundaries to stop problem behaviour*
- *How to give teenagers more independence whilst keeping them safe, make good choices and avoid peer pressure*

Dads Together (6 weeks) Online group

Tuesday 6 February to 19 March 7pm - 9pm Via MS Teams

As a dad do you feel you are constantly nagging or shouting at your child to get what you need? Are you tired of losing your cool and want a calmer house? Join our free online 6- week group to learn how you can change the way you communicate with your child, respond better and feel more in control

The sessions will cover:-

- *Exploring what helpful discipline is*
- *Recognising the triggers and responding more effectively*
- *Learning new parenting tools to challenge children's behaviour*
- *How to negotiate and implement effective boundaries and family agreements*
- *How to hold boundaries and gain co-operation*

Anxiety around ADHD Online Workshop

Wednesday 17 January 7pm – 9pm Via MS Teams

This 2- hour workshop is for parents and carers who suspect or have received a recent diagnosis that their child has ADHD. The workshop helps parents/carers understand what ADHD is, why it makes sense for a child to be anxious if they have ADHD, strategies to help support you and your child, plus signposting to other support that is available.

Reducing Conflict Online Workshops

Thursday 14 March 9.30am – 11.30am AND Wednesday 20 March 7.00pm – 9.00pm via MS Teams

Conflicts are regular occurrence within families. It's often a normal part of everyday life. However, conflict that is frequent, intense, and poorly resolved, has a significant negative impact on children's mental health and long-term life chances. This 2-hour workshop explores different types of conflict between couples and families. Provides support in understanding the causes and impact of parental and family conflict on children and gives practical steps and strategies that parents can take to help improve their family relationships.

We accept referrals from professionals as well as self-referrals. Please click here [referral form](#) for our online referral form

You can also email services@familylives.org.uk or call us on 0204 522 8700 or 0204 522 8701 for more information.