

PARENTING COURSES AND SUPPORT IN EAST HERTS AUTUMN TERM 2010



COURSES STARTING IN SEPTEMBER 2010

RAISING UNDER 5'S – WHAT EVERY PARENT SHOULD KNOW!

For: Parents and carers of children aged 0 -5 years

Summary: A free 6 week course:

- ◆ Improve your confidence as a parent
- ◆ Promote positive behaviour
- ◆ Boost self esteem

Dates: Wednesday 15th, 22nd, 29th September, 6th, 13th, 20th October

Time: 9:30am – 11:30am

Venue: Duckling Green Children's Centre, 2B The Square, Sawbridgeworth, CM21 9AE

HE STARTED IT! (Sibling Rivalry)

For: Parents and carers of children aged 6 – 13 years

Summary: This free 4 week course will help parents understand why siblings are fighting and how to manage the situation.

Dates: Tuesday 28th September, 5th, 12th, 19th October

Time: 7.00pm - 9.00pm

Venue: Albury CofE Primary School, Church End, Albury, Ware, SG11 2JQ

PRE-TEENS

For: Parents and carers

Summary: A free 4 week course. Sessions covered include:

- ◆ Understanding the Teenage Years
- ◆ Talking to Teenagers
- ◆ Dealing with Conflict

Dates: Thursday 30th September, 7th, 14th, 21st October

Time: 7pm – 9pm

Venue: Edwinstree Middle School, Norfolk Road, Buntingford, SG9 9AW

THE PARENTING PUZZLE

The Family Links Nurturing Programme

For: Parents and carers of 0 – 11 year olds

Summary: A free 10 week course. Have you ever wondered;

- ◆ Why you have to nag to get your children to do as they're told?
- ◆ If family life could be more fun?
- ◆ Why the more you tell them off, the more they argue?
- ◆ If you're doing okay as a parent?
- ◆ How to help children grow up to be kind, confident and healthy, and to make the best of their lives?

Dates: Wednesday 8th, 15th, 22nd, 29th September, 6th, 13th, 20th October, 3rd, 10th, 17th November (no session half-term)

Time: 9:30am – 11:30am

Venue: Charis Centre, Water Lane, Bishop's Stortford, CM23 2JZ

LIVING WITH TEENAGERS

For: Parents and carers of 11 – 19 year olds

Summary: A free 5 week course designed to help parents and carers who are experiencing behaviour and communication difficulties with their teenager.

Dates: Thursday 23rd, 30th September, 7th, 14th, 21st October

Time: 7:00pm – 9:00pm

Venue: Bishop's Stortford Area

COURSES STARTING IN NOVEMBER 2010

TIME OUT FROM ANGER

For: Parents and carers of children of all ages

Summary: A free 4 week course

- ◆ Are you worried about losing your temper?
- ◆ Does your child get angry?
- ◆ Does conflict upset your family?
- ◆ This course will help you to explore, understand and manage anger and conflict in either yourself or your family.

Dates: Wednesday 3rd, 10th, 17th, 24th November

Time: 10:00am – 12:00pm

Venue: Windhill Primary School, Windhill, Bishop's Stortford, CM23 2NE

'WORK IT OUT'

For: Parents and carers of children under 5 years.

Summary: Free interactive workshops to improve children's behaviour and parenting skills through early intervention. The focus of these sessions will be on individual problems and difficulties identified by the parent.

Dates: Friday 5th, 12th, 19th, 26th November, 3rd, 10th November

Time: 9:30 – 11:30am

Venue: Selections Children's Centre, Welwyn Road, Hertford, SG14 2DG

RAISING CONFIDENT CHILDREN

For: Parents and carers of 6 – 13 year olds

Summary: A free 5 week course. Sessions include;

- ◆ Boosting your child's self-esteem
- ◆ Building your own confidence
- ◆ How to cope as a family unit

Dates: Wednesday 3rd, 10th, 17th, 24th November, 1st December

Time: 7:00-9:00pm

Venue: Ash Valley Children's Centre, C/o Tower School, Tower Road, Ware, SG12 7LP

CONFIDENT PARENT, CONFIDENT FAMILY

For: Parents and carers of all ages

Summary: This course is suitable for any parent who would like to gain an understanding and knowledge of what 'high' self-esteem looks like. Exploring subjects such as the relationship between feelings, thoughts and behaviour, why positive or negative self-esteem affects the choices we make, and Personal Power, parents can build and maintain their own and their child's self-esteem.

Dates: Tuesday 2nd, 9th, 16th and 23rd November

Time: 7:00pm – 9:00pm

Venue: Hertford Area

**These are all FREE courses, open to all parents in the district.
Booking is essential, please contact the District Partnership Team on;
01992 556372**

