



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

SEPT

16

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 778

SEPT

16

7:45PM

ONLINE
COURSE

TALKING ANXIETY IN TEENS

6, weekly sessions for parents and carers of children aged **11-19** understand why young people and adults get angry, develop strategies to handle anxiety in yourself and others within your family

Pre-booking essential—quote course ID 776

SEPT

17

9:45AM

ONLINE
COURSE

TALKING ADDITIONAL NEEDS

Our **FREE** 6 week course for parents and carers of children aged **2-19** with any additional need. Your child does not need a diagnosis.

Pre-booking essential—quote course ID 770

SEPT

17

7:45PM

ONLINE
COURSE

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 779



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Calendar

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bookings@supportinglinks.co.uk www.supportinglinks.co.uk

SEPT

17

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 774

SEPT

18

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 772

NOV

04

7:45PM

ONLINE
COURSE

TALKING ANGER IN TEENS

Our **FREE** 6 week course **for parents and carers of children aged 11-19** 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 775

NOV

04

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 773



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Calendar

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Contact Supporting Links on: 07512 709556

bookings@supportinglinks.co.uk www.supportinglinks.co.uk

NOV

05

7PM

REDDINGS FAMILY
CENTRE
BUSHEY
WD23 3PE

TALKING ADDITIONAL NEEDS

Our **FREE** 6 week course for **parents and carers of children aged 2-19** with any additional need. Your child does not need a diagnosis.

Pre-booking essential—quote course ID 771

NOV

05

7:45PM

ONLINE
COURSE

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 780

NOV

06

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 777



SEPT

23

9:30AM

ONLINE
COURSE

OCT

13

7.30PM

ONLINE
COURSE

NOV

10

7:30PM

ONLINE
COURSE

NOV

24

7:30PM

ONLINE
COURSE



Calendar

JOIN THE TEAM

FREE practical and interactive 1.75 hour online 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 781

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. Find out more about how the brain develops during the teen years and what you can do to help your child through adolescence.

Pre-booking essential—quote course ID 782

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 783

TALKING ASD & ADHD WORKSHOP: TECH USE

Recognise how to support difficulties with online behaviour. Parents who are able to understand the cause of problems are better able to set up appropriate guidance and boundaries. Parents and carers who attend will leave understanding what is happening for their child and what they can do about it.

Pre-booking essential—quote course ID 784



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

SEPT

09

9:30AM

**ONLINE
COURSE**

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

SEPT

09

6:30PM

**ONLINE
COURSE**

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

SEPT

10

9:30AM

**ONLINE
COURSE**

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

SEPT

10

12:30PM

**ONLINE
COURSE**

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Families In Focus CIC

Enabling families to be stronger together

DSPL | Delivering Special
Provision Locally
Achieving quality outcomes

SEPT

10

6:30PM

**ONLINE
COURSE**

NOV

03

7PM

**ONLINE
COURSE**



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

TUES

**48 WKS
PER YEAR**

8PM

**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

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HANDLING ANGER IN THE FAMILY FOR CHILDREN WITHOUT SEND

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

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

OCT

08

7PM

ONLINE
COURSE

OCT

09

9:30AM

ONLINE
COURSE

OCT

09

7PM

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

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, Step-Parents 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 **Mums, Dads, Step-Parents and Carers** of children 0-19yrs.

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

Course code: L5/eve



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/>

JULY

5:30PM

08

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

JULY

10:30AM

09

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.



Hertfordshire
**Family Centre
Service**



InspireAll

JULY

19

10AM

SOUTH OXHEY
FAMILY CENTRE
NORTHWICK ROAD
WD19 6NL

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](https://www.eventbrite.co.uk). 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>

SEND CHAT & PLAY

FREE Drop-In On 19th Jul come along to meet with professionals from the Early Years SEND team and Public Health Nursing team

Meet our SEND Champions in these sessions too



For residents of Hertfordshire only

JULY

04

10AM

ONLINE
COURSE

JULY

07

10AM

ONLINE
COURSE

JULY

08

10AM

ONLINE
COURSE

JULY

08

6:30PM

ONLINE
COURSE

JULY

09

10AM

ONLINE
COURSE



Calendar

JOIN THE TEAM

We organise and host workshops, training courses and conferences for parents and carers covering many aspects of supporting children and young people who are autistic, have ADHD or other neurodiverse conditions.

ANXIETY AND SEND

A workshop that looks at anxiety and what parents can do to support their SEN children when they become anxious. Parents and carers who attend will be more confident in recognising and managing their child's anxiety.

UNDERSTANDING AND SUPPORTING EXECUTIVE FUNCTIONING DIFFICULTIES

A session on Executive Functioning by Susan Brooks, an Educational Psychologist. Parents and carers understand what Executive Functioning is and can help to improve and support their child or young person's Executive Functioning skills.

THE EHCP PROCESS FROM SUBMISSION TO FINALISATION

A workshop that takes you through what to expect after submission of an Education, Health and Care Plan. This session will look at the period of the process after you have submitted your application for an assessment. It will cover the typical process following your request for a needs assessment.

UNDERSTANDING AUTISM

This workshop is designed to empower parents and carers with the knowledge and skills they need to reduce dependence on statutory services. Autism is a neurological condition – this workshop explains the different ways Autism may present in children and young people.

NO TWO BRAINS ARE THE SAME— WHAT IS NEURODIVERSITY?

There is no one "right" way of thinking, learning, and behaving, and differences are not viewed as deficits. During this workshop, we'll explore the various aspects of neurodiversity, including strengths and challenges, and how society can create an inclusive environment that celebrates diversity.



For residents of Hertfordshire only

JULY

11

10AM

**ONLINE
COURSE**

JULY

14

6:30PM

**ONLINE
COURSE**

JULY

16

6:30PM

**ONLINE
COURSE**

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

JULY

15

7PM

**THE KITCHEN
WATFORD RD
CROXLEY GREEN
WD3 3DB**



Calendar

JOIN THE TEAM

We organise and host workshops, training courses and conferences for parents and carers covering many aspects of supporting children and young people who are autistic, have ADHD or other neurodiverse conditions.

UNDERSTANDING BEHAVIOUR AS COMMUNICATION A THERAPEUTIC APPROACH

A workshop that looks at what lies beneath the behaviours and introduces possible strategies to use to help de-escalate situations.

UNDERSTANDING ADHD

Join our online "Understanding ADHD Workshop" to gain valuable insights into ADHD and learn effective strategies to support children. This workshop is designed to empower parents and carers with the knowledge and skills they need to reduce dependence on statutory services.

PDA, ODD AND ADHD: UNDERSTANDING THE DIFFERENCES

A workshop that looks at the definitions of these conditions as well as the differences and possible strategies to use. Attendees will feel confident in the differences between ADHD, Oppositional Defiant Disorder and Demand-Avoidant Autism and have secured strategies to support their children's mental health.

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!



Angels supports families of autistic children and/or children who have ADHD (and those awaiting diagnosis). All Angels staff are parents of neurodivergent children.



Calendar

JOIN THE TEAM

Angels is an experience-led charity, based in Hertfordshire, which provides individualised, professional expertise and advice. We work alongside parents to build understanding of their children's conditions, their rights, ensuring their needs are met at home, at school, and in the community. Our key aim is to maximise the individual potential of each child and young person.

Please contact The Neurodiversity Support Hub: Tel:01727 833963 Lines are open from 9am-1pm weekdays
www.add-vance.org/parents/neurodiversity-support-hub/

JULY

08

10AM

**ONLINE
COURSE**

NICE2MEET YA—REJECTION SENSITIVE DYSPHORIA

An hour long workshop that you can listen to and ask questions. Following this there will be an hour where we open to discussions/chats about any topic or concern and can offer help support and guidance.

Zoom Tuesday 10am-12noon

JULY

10

10AM

**ONLINE
COURSE**

EVENING PARENT/CARER SUPPORT GROUP

An hour long workshop that you can listen to and ask questions. Following this there will be an hour where we open to discussions/chats about any topic or concern and can offer help support and guidance.

Zoom Thursday 7.30-8.30pm

JULY

15

10AM

**ONLINE
COURSE**

SURVIVING THE SUMMER HOLIDAYS

An hour long workshop that you can listen to and ask questions. Following this there will be an hour where we open to discussions/chats about any topic or concern and can offer help support and guidance.

Zoom Tuesday 10am-12noon

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

ADD-vance



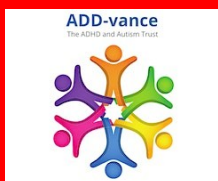
JULY

08

1:30PM

**ONLINE
COURSE**

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



JULY

**VARIOUS
DATES**

AM/PM

**VARIOUS
TIMES**



Calendar

JOIN THE TEAM

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

PARENTS/CARERS OF SECONDARY AGED CHILDREN SUPPORT GROUP

A FREE ONLINE support group for parents/carers of secondary-aged children with a diagnosis (or suspected diagnosis) of ADHD and/or Autism. This session will be delivered via Zoom and facilitated by two ADD-vance Specialist ADHD/Autism Coaches.

This group is open to residents of Hertfordshire only.

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/>

- **4 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**