

**Parent and Carer Support
Online Courses
Autumn Term 2022**



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.



Tuesdays 9.45-11.15am
13th Sep-18th Oct
Course 528

Tuesdays 8.00-9.30pm
13th Sep-18th Oct
Course 530

**We are also running
face to face in:
Stevenage**

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.



Wednesdays 7.45-9.15pm
14th Sep-19th Oct
Course 531

Thursdays 7.45-9.15pm
3rd Nov-8th Dec
Course 532

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

TALKING ADDITIONAL NEEDS



WEDNESDAYS

14th September - 19th October 2022

9.30-11.30am

A free 6 week course for parents and carers of children aged 2-19 years with a recognised additional need. Diagnosis is not essential. 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 the different needs within your family.

'I have been on a few courses to help me with my son, this was by far the most helpful.'

Fleetville Family Centre

**Off Woodstock Rd South
ST ALBANS AL1 4QJ**
Parking available in Morrisons supermarket.

'I was in a lot of distress as I had no idea how to deal with my daughter's anger and frustration, now I have harmony in my home and I feel more in control and less

Pre-booking essential

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

07512 709556

bookings@supportinglinks.co.uk

QUOTING REFERENCE SL526



This course is provided free to parents by Herfordshire County Council

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:

- 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.



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

Mondays 7.45-9.15pm
12th Sept-17th Oct
Course 533

Mondays 7.45-9.15pm
31st Oct-5th Dec
Course 534

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

Tuesdays 9.45-11.15am
1st Nov-6th Dec
Course 529

**We are also running
face to face in:
St Albans**



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

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



These courses are provided free to parents by
Hertfordshire County Council

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TALKING FAMILIES



Because parents don't get training for the toughest job on earth!



TUESDAYS

1st November - 6th December 2022

7.00 - 9.00pm

Our FREE 6 week course for parents and carers of children aged 0-12 will help you to:

- Understand and respond to challenging behaviour with consistency
- Encourage positive behaviour
- Build your child's self esteem
- Set and maintain boundaries
- Respond to outbursts and difficult feelings in children
- Feel good about your parenting and more positive in your relationship with your children

'It was a brilliant course and has made a huge difference already, I can't thank you enough'

**Stevenage Family Centre
Herts**

(Exact venue to be confirmed)

'It has taught me new skills to deal with family life, and the group were really non-judgemental'

Pre-booking essential

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

07512 709556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk



This course is provided free to parents by Hertfordshire County Council



HERTFORD HOCKEY CLUB

Dear Parents,

Hertford Hockey Club has a large and successful Junior Section based at Balls Park in Hertford. We cater for all ages and abilities from 5/6 years old upwards and run training sessions on Saturday/Sunday mornings for the younger age groups and midweek evening sessions for the older age groups. We are very much a family friendly Club with the emphasis on children enjoying hockey.



We are planning to run 3 FREE Taster Sessions during July/August that anyone can come along to and just give hockey a go. The sessions are on the following dates:

- Saturday 6th August 2022
- Sunday 13th August 2022
- Saturday 20th August 2022
- Saturday 27th August 2022



The season starts the first week in September, so don't worry if you cannot make any of the sessions above, you can still come along in September and give it a go. (3 FREE Taster Sessions before you need to commit).

If you would like to sign up to any of our Taster Sessions over the summer, please do so by contacting us at hertfordhcyouth@gmail.com

You can also find out more about Hertford Hockey Club here www.hertford-hockey.co.uk.



Hertford Hockey Club

JUNIOR STAGGS



One of the Largest Junior Sections in the County

FUTURE SPORTS CAMP

Summer Camp
October Half Term
Easter Camp

From Age 5 upwards

County Champions

Regional Champions

National Finalists

Indoor Hockey

Qualified Coaches

Specialist GK Sessions

FREE Taster Sessions



Interested in joining our Junior Section
Contact us @ hertfordhcyouth@gmail.com



Futures Sports
HOCKEY CAMPS

30
YEARS