

**FREE to parents and carers living in Hertfordshire**

## TALKING TEENS

6, weekly sessions for parents and carers of children aged **12-19**, covering:

- The Teen Brain: physical and emotional changes taking place and why behaviour changes.
- The link between behaviour and communicating difficult feelings.
- How to maintain your relationship with good communication.
- Understand risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate and reduce conflict.



**Tuesdays 7.45 - 9.15pm**

**16<sup>th</sup> Sep – 21<sup>st</sup> Oct**

**Online Course: ID 778**

**Thursdays 7.45 - 9.15pm**

**6<sup>th</sup> Nov – 11<sup>th</sup> Dec**

**Online Course: ID 777**

## TALKING ANGER in TEENS

6, weekly sessions for parents and carers of children aged **11-19**, supporting you to:

- Understand why children & adults get angry.
- Develop strategies to handle anger in yourself and others within your family.
- Recognise the early signs of anger.
- Reduce conflict and arguments.
- Encourage positive behaviour.



**Tuesdays 7.45 - 9.30pm**

**4<sup>th</sup> Nov – 9<sup>th</sup> Dec**

**Online Course: ID 775**

## TALKING ADDITIONAL NEEDS

A 6-week group for parents and carers of children **2-19**, with any additional need.

Your child does not need a diagnosis.

- Understand your child's behaviour.
- Develop strategies that really work.
- Reduce conflict.
- Improve emotional regulation.
- Explore sensory needs.
- Increase your child's resilience.
- Manage different needs in your family.



**Wednesdays 7pm - 9pm**

**5<sup>th</sup> Nov – 10<sup>th</sup> Dec**

**Course ID 771**

**Reddings Family Centre,  
Bushey, WD23 3PE**

**Wednesdays 9.45 - 11.15am**

**17<sup>th</sup> Sep – 22<sup>nd</sup> Oct**

**Course ID 770**

# TALKING FAMILIES

6, weekly sessions for parents and carers of children aged **0-12** sharing tips on:

- 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.



**Wednesdays 8.00 - 9.30pm**

**17<sup>th</sup> Sep – 22<sup>nd</sup> Oct**

**Online Course ID 774**

**Thursdays 9.45 - 11.15am**

**18<sup>th</sup> Sep – 23<sup>rd</sup> Oct**

**Online Course ID 772**

**Tuesdays 8.00 - 9.30pm**

**4<sup>th</sup> Nov – 9<sup>th</sup> Dec**

**Online Course ID 773**

# TALKING ANXIETY in TEENS

6, weekly sessions for parents and carers of children **11-19**, supporting you to:

- Understand why young people and adults get anxious.
- Develop strategies to handle anxiety in yourself and others within your family.
- Recognise the early signs of anxiety.
- Reduce stress and tension.
- Encourage resilient behaviour.



**Tuesdays 7.45 - 9.30pm**

**16<sup>th</sup> Sep – 21<sup>st</sup> Oct**

**Online Course ID 776**

# TALKING DADS

6, weekly sessions for dads & male carers of children **0-19**, sharing information on:

- Improved listening and communication skills.
- A healthy dad-child relationship now and for the future.
- Effective strategies for dealing with anger and conflict.
- How to enforce boundaries.
- Being the dad, you want to be.



**Wednesdays 7.45 - 9.15pm**

**17<sup>th</sup> Sep – 22<sup>nd</sup> Oct**

**Online Course: ID 779**

**Wednesdays 7.45 - 9.15pm**

**5<sup>th</sup> Nov – 10<sup>th</sup> Dec**

**Online Course: ID 780**

**Booking essential. Please Quote the Course ID**

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

**07512 709556 or [bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)**

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

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