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Wednesdays 8.00 - 9.30pm Online Course ID: 774 17th, 24th Sept, 1st, 8th, 15th & 22nd Oct 2025

Thursdays 9.45 - 11.15am Online Course ID: **772** 18th, 25th Sept, 2nd, 9th, 16th & 2rd Oct 2025

Tuesdays 8.00 - 9.30pm Online Course ID: **773** 4th, 11th, 18th, 25th Nov, 2nd & 9th Dec 2025

6, weekly sessions for parents and carers of children under 12, sharing tips on how to:

- Manage challenging behaviour with consistency
- Encourage positive behaviour
- Build your child's self esteem
- Set and maintain boundaries
- Respond to tantrums and difficult feelings in children
- Develop a strong parent/child relationship now and for the future

Our online sessions are delivered weekly via Zoom.

Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.

'Every parent should do this course! It has taught me so much about how to deal with family life.'

Booking essential Please quote the course ID To check eligibility and book a place, contact Supporting Links on:

07512 709 556

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



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

Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.