



## South West Herts Partnership Family Support Service

# CALENDAR OF EVENTS

South West Herts Partnership has collated a list of parenting events happening online from our parent organisations on the following pages.





Promoting Strong Family Relationships

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**

JUN

9.45AM

05

ONLINE  
COURSE

## TALKING ADDITIONAL NEEDS

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 575**

JUN

9.45AM

06

ONLINE  
COURSE

## TALKING FAMILIES

For parents of children aged 2 to 19 years  
Your child does not need to have a diagnosis, but does need a recognised additional need.

**Pre-booking essential—quote course ID 578**

JUN

7.45PM

07

ONLINE  
COURSE

## TALKING DADS

6 **FREE** weekly sessions for dads and male carers with children aged 0-19 to help you to develop your dad/child relationship, now and for the future.

**Pre-booking essential—quote course ID 584**



Fully Funded By Herts County Council



# Calendar

JOIN THE TEAM

We have a number of **single session workshops** planned 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  
**Contact Supporting Links on: 07512 709556**  
**bookings@supportinglinks.co.uk** **www.supportinglinks.co.uk**

JUN

8PM

07

ONLINE  
COURSE

## TALKING FAMILIES

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 580**

JUN

7.30PM

19

ONLINE  
COURSE

## TALKING ASD & ADHD WORKSHOP: TECH USE

Recognise how to support difficulties with online behaviour

**Pre-booking essential—quote course ID 587**

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-tech-use-587-for-parentscarers-in-herts-registration-567952730907?aff=ebdsoporgprofile>

JUL

7.30PM

10

ONLINE  
COURSE

## TALKING ASD & ADHD WORKSHOP: 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

**Pre-booking essential—quote course ID 586**

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-the-teenage-years-for-parentscarers-in-herts-586-registration-568054695887?aff=ebdsoporgprofile>



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.

**Places are limited and must be booked via Eventbrite our website [www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)**

**Email: [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) for further details**

**JUN**

**9.30AM**

**05**

**ONLINE  
COURSE**

**PARENTING WITH EMPATHY**

A proven therapeutic approach for parents of children aged three to 11 years, to increase positive family communication to manage behaviours that challenge, reducing behaviours that challenge and building your family's emotional wellbeing

**Funded by DSPL 9 area for Watford and Villages**

**JUN**

**12PM**

**05**

**ONLINE  
COURSE**

**HANDLING ANGER IN YOUR CHILD WITH  
ADHD AND/OR AUTISM**

Gain understanding of Autism and ADHD and how behaviours can be effected

Understand how anger and other emotions live in your family  
Increase your understanding of triggers that cause angry outbursts

Meet and share experiences with other parents

**JUN**

**9.30AM**

**07**

**ONLINE  
COURSE**

**HANDLING ANGER IN YOUR FAMILY**

A 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 proven techniques to reduce angry meltdowns in your family



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**Email: [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) for further details**

**JUN**

**6.30PM**

**07**

**ONLINE  
COURSE**

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This CANparent quality mark course is for parents of primary aged children, and provides practical and proven techniques to reduce angry meltdowns in your family

**JUN**

**9.30AM**

**08**

**ONLINE  
COURSE**

### **HANDLING ANGER IN YOUR CHILD WITH ADHD AND/OR AUTISM**

Gain understanding of Autism and ADHD and how behaviours can be effected

Understand how anger and other emotions live in your family  
Increase your understanding of triggers that cause angry outbursts

Meet and share experiences with other parents

**JUN**

**9.30AM**

**09**

**ONLINE  
COURSE**

### **SLEEP SOLUTIONS**

Free to parents in Hertfordshire. A proven evidence-based and behavioural approach to help families get a better nights' sleep. Together, in small interactive groups Lesley and Francine, who are licensed sleep practitioners with a wealth of experience, will help parents to restore healthy sleep.

**For primary aged children only**



# Calendar

JOIN THE TEAM

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

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.

Our 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.

**TUES**

**8PM**

48 WKS  
PER YEAR

ONLINE  
COURSE

## FIF ARMS

Join Siobhann and Tracey at the FIF Arms, every Tuesday, 8-10pm, online via Zoom, 48 weeks of the year.

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.

**WEDS**

**9.30AM**

TERM  
TIME

ONLINE  
COURSE

## LET'S POP THE KETTLE ON

Grab a cuppa and join Sharon and Vicky online every Wednesday during term-time for SEND chat, support and information in a friendly, welcoming and non-judgemental environment



*We listen, support and never judge*

A range of online parenting groups funded by HCC for parents of children who live or go to school in Hertfordshire. They are for parents/carers of children with ADHD, SEN and parents of pre-teens/teens who are showing challenging behaviour.

**To book or for further information:**

please call Louise on 0204 522 8700/01707 247032

or email [LouiseV@familylives.org.uk](mailto:LouiseV@familylives.org.uk)

**JUN**

**9.30AM**

**07**

ONLINE  
COURSE

## LESS SHOUTING, MORE COOPERATION

Do you feel you are constantly nagging or shouting at your child to get what you need? Are you tired of losing your cool and want a calmer house? Join our free online 6-week group to learn how you can change the way you communicate with your child, respond better, and feel more in control.

**JUN**

**7PM**

**08**

ONLINE  
COURSE

## GETTING ON WITH YOU PRE-TEEN OR TEENAGER

Is your teen feeling anxious or isolated? Are you concerned about their mental health and struggling to get help? Maybe you have an FFA/CIN/CP in place and need more support. Join our free online 6-week online group to learn how parents can best emotionally support their teen and feel confident and prepared for whatever challenges might arise





JUNE

6.30PM

13

ONLINE  
COURSE

## PARENTING WHEN SEPARATED

The course consists of six group sessions for up to 12 parents, each session will last 2hrs 30 mins with a 15 min break. We will meet all parents for an individual introductory meeting prior to the group starting to discuss your goals for the course.

### How to register

You can be referred by a professional or you can [self refer online](#).

Referrals will be used to create a mixed group of up to 12 parents, you will be contacted to offer a course date for your area.



## FREE HEALTH AND WELLBEING SUPPORT

Taking your first step to change a habit or ask for help isn't always easy. Maybe you'd like to quit smoking, get money advice or simply try a new activity to get out and about more. We can help you every step of the way.

Healthy Hubs Hertfordshire are your free one-stop shop for health and wellbeing information, advice and support. Whether you choose to reach out to us from the comfort of your home or pop along to your local hub, a member of our friendly team can help. Together we'll explore the choices available to help you:

- Lose weight
- Quit smoking
- Cut down on your drinking

...and much more

Let us help you on your journey to stay healthy and well.

[www.healthyhubs.org.uk/contact/find-your-local-healthy-hub.aspx](http://www.healthyhubs.org.uk/contact/find-your-local-healthy-hub.aspx)



Hertfordshire  
**Family Centre  
Service**



Hertfordshire Community  
NHS Trust



# Calendar

**JOIN THE TEAM**

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](#)

**JUNE**

**7PM**

**01**

**ONLINE  
COURSE**

## **ABOUT ME—SELF CARE**

Self-Care - discuss the importance of self-care and how to create time to practice it. Self-care is not selfish it's essential. Here we have time to explore different ways to achieve this. For parents with children aged up to 11 years who live in Dacorum, Hertsmere, St Albans, Three Rivers, Watford.

**A Zoom link will be sent to you by the provider**

**JUNE**

**7PM**

**08**

**ONLINE  
COURSE**

## **ABOUT ME—POSITIVE AFFIRMATIONS**

Positive Affirmations - we will develop ways to create positive talk and remind ourselves why it is vital and negative talk harmful. We will develop ways to enhance positive talk through art and how a reflective journal of gratitude can also be helpful to achieve this. For parents with children aged up to 11 years who live in Dacorum, Hertsmere, St Albans, Three Rivers, Watford.

**A Zoom link will be sent to you by the provider**

**JULY**

**7PM**

**06**

**ONLINE  
COURSE**

## **SUPPORTING CHILDREN'S EMOTIONAL WELLBEING**

Following this session you will be able to understand what mindfulness and relaxation is. Implement some relaxation strategies at home for yourself and your child to promote positive emotional wellbeing. Make a sensory bottle/bag or play dough. Use tips and ideas on self-care and mindfulness to calm the stresses of family life.

**A Zoom link will be sent to you by the provider**



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

## ADD-vance



# Calendar

JOIN THE TEAM

ADD-vance is a dedicated group of professionals, who also happen to be parents of children with ADHD and/ or Autism. Our mission is to support the families of neurodiverse children and the professionals involved in their care. We want to increase understanding and change perceptions, to help these young people reach their full potential

**For more information and to book your FREE place please see <http://add-vance.eventbrite.com/>**

**Tel: 01727 833963 Email: [herts@add-vance.org](mailto:herts@add-vance.org)**

**JUNE**

**07**

**7PM**

**ONLINE  
COURSE**

### UNDERSTANDING ADHD & AUTISM IN GIRLS

This interactive course is designed for parents & carers of girls aged 5 to 14yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism (or 4 & already in reception) ALL SESSIONS MUST BE ATTENDED

**JUNE**

**08**

**10AM**

**ONLINE  
COURSE**

### UNDERSTANDING ADHD & AUTISM FOR DADS (TEEN YEARS)

This interactive course is designed for parents & carers of children aged 12 to 15yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism (or 11 & already in secondary) ALL SESSIONS MUST BE ATTENDED

**JUNE**

**08**

**7PM**

**ONLINE  
COURSE**

### UNDERSTANDING ADHD & AUTISM FOR DADS (PLUS WIDER FAMILY)

This interactive course is designed for parents & carers of children aged 5 to 14yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism (or 4 & already in reception) ALL SESSIONS MUST BE ATTENDED

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

## ADD-vance



**JUNE**

**AM/PM**

**VARIOUS  
DATES**

**VARIOUS  
TIMES**



Book your FREE ticket on <http://add-vance.eventbrite.com> or visit our website <http://add-vance.org/>

*Support Groups*

**JUN/JULY**

**AM/PM**

**VARIOUS  
DATES**

**ONLINE  
COURSE**



# Calendar

**JOIN THE TEAM**

### FREE ONLINE SUMMER 2023 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/>

- 06 JUN SUPPORT TRANSITION INTO PRIMARY SCHOOL
- 07 JUN SUPPORT TRANSITION INTO SECONDARY SCHOOL
- 13 JUN UNDERSTANDING SENSORY DIFFERENCES
- 14 JUN TIPS & TOOLS TO MANAGE SENSORY DIFFERENCES
- 14 JUN COMMUNICATION
- 20 JUN SUPPORTING SIBLINGS
- 21 JUN UNDERSTANDING NEURODIVERSE TEENS
- 22 JUN TIPS & TOOLS TO SUPPORT PUBERTY
- 27 JUN UNDERSTANDING ANXIETY
- 28 JUN TIPS & TOOLS TO MANAGE ANXIETY

### 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.

- 07 JUNE CHALLENGING BEHAVIOUR
- 13 JUNE GENERAL SECONDARY AGED CHILDREN
- 20 JUNE DADS AND MALE CARERS
- 27 JUNE PARENTS OF 16-24 YEAR OLDS
- 05 JULY PDA
- 11 JULY GENERAL PRIMARY AGED CHILDREN