Parent & Carer Support

Spring Term 2027

FREE to parents and carers in Hertfordshire

Supporting Links
Promoting Strong Family Relationships
www.supportinglinks.co.uk

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.

Wednesdays 7.45 - 9.30pm
6th Jan to 10th Feb
Online Course: ID 901

Thursdays 7.45 - 9.30pm
4th Feb to 18th Mar Not 18/2
Online Course: ID 903

Mondays 7.00 - 9.00pm
8th Mar to 26th Apr Not 29/3, 5/4
In Person Course: ID 902
St Albans Fire Station

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
5th Jan to 9th Feb
Online Course: ID 900

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.

Tuesdays 8.00 – 9.30pm
5th Jan to 9th Feb
Online Course ID 896

Thursdays 9.45 - 11.15am
4th Feb to 18th Mar Not 18/2
Online Course ID 895

FOR DADS
Mondays 8.00 - 9.30pm
8th Mar to 26th Apr Not 29/3, 5/4
Online Course ID 904

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TALKING ANXIETY

6, weekly sessions for parents and carers of children 4-19, 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.



Wednesdays 7.45 - 9.30pm
3rd Feb to 17th Mar Not 17/2
Online Course ID 897

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.



Thursdays 9.45 - 11.15am
4th Feb to 18th Mar Not 18/2
Online Course ID 899

Thursdays 8.00 - 9.30pm
4th Feb to 18th Mar Not 18/2
Online Course ID 898

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
6th Jan to 10th Feb
Online Course: ID 905

Wednesdays 7.45 - 9.15pm
3rd Feb to 17th Mar Not 17/2
Online Course: ID 906

Booking Essential. Please quote Course ID

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

07512 709 556 bookings@supportinglinks.co.uk

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

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Funded by Hertfordshire County Council

Hertfordshire