



South West Herts Partnership  
Family Support Service

## PARENTING COURSE CALENDAR

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



swhp\_familysupportservice



<https://www.southwesthertspartnership.org.uk/>



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

OCT

31

7.45PM

ONLINE  
COURSE

## TALKING TEENS

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 605**

OCT

31

7.45PM

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 606**

NOV

01

8PM

ONLINE  
COURSE

## TALKING ANGER IN 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 601**

NOV

02

9.45AM

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 598**



Fully Funded By Herts County Council



# Calendar

JOIN THE TEAM

We have a number of **single session workshops** 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

Pre-booking essential. Please quote the course ID.

Contact Supporting Links on: 07512 709556

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

OCT

19

9.30AM

ONLINE  
COURSE

## TALKING ASD & ADHD WORKSHOP: SCHOOL AVOIDANCE

Is your son or daughter unable to engage with school, is distressed at the thought of going to school, or displays challenging behaviour when they are going?

**Pre-booking essential—quote course ID 607**

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-school-avoidance-for-parentscarers-in-herts-607-registration-629197084417?aff=ebdsoporgprofile>

NOV

15

9.30AM

ONLINE  
COURSE

## TALKING ASD & ADHD WORKSHOP: TECH USE

Are you concerned about the amount of time your child spends online?

Are you having frequent arguments about getting off devices?

**Pre-booking essential—quote course ID 608**

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-tech-use-608-for-parentscarers-in-herts-registration-629208608887?aff=ebdsoporgprofile>

NOV

22

7.30PM

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 609**

<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.

[www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)

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

**OCT**  
**30**

**9.30AM**  
**ONLINE COURSE**

**HANDLING ANGER OF PRIMARY AGED CHILDREN WITH ADHD AND/OR AUTISM**

Gain understanding of Autism and ADHD and how behaviours can be effected, Attain awareness of a child's sensory world and the affect on behaviour. Gain effective empathic communication techniques to reduce angry outbursts  
Meet and share experiences with other parents

**OCT**  
**31**

**9.30AM**  
**ONLINE COURSE**

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Meet and share experiences with other parents

**OCT**  
**31**

**6.30PM**  
**ONLINE COURSE**

**HANDLING ANGER IN THE 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

**NOV**  
**02**

**9.30AM**  
**ONLINE COURSE**

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# 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



**Hertfordshire Community  
NHS Trust**

**Children's Wellbeing Practitioner**

Workshops are open to all young people & parents/carers of children and young people who attend a school or are registered to a GP in Hertfordshire. A referral is not needed to access a workshop. All workshops are currently being delivered online via Microsoft Teams. For more information about what each workshop covers and to book a place onto a workshop, visit the Children's Wellbeing Practitioner Eventbrite page: <https://www.eventbrite.co.uk/o/childrens-wellbeing-practitioners-school-nursingservice-hertfordshire-33494371787>

**DEC**

**10AM**

**05**

ONLINE  
COURSE

### SUPPORTING YOUR CHILD'S SELF-ESTEEM

A workshop focused on parents/carers supporting their child to improve their self-esteem.

For Parents of children aged 5-11 wanting to learn information and strategies on how to support their child's self-esteem



Hertfordshire  
Family Centre  
Service



# 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](#) To use the Family Centre Service please make sure you sign up or it could effect your booking. Simply follow the link to sign up: <https://www.hertsfamilycentres.org/sign-up.aspx>

OCT

14

9.30AM

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

NOV

02

7PM

ONLINE  
COURSE

### ABOUT ME—MINDFULNESS WORKSHOP

**Mindfulness** - learn what mindfulness is, what it involves and how to practice it. You will learn ways to practice techniques and to use them effectively throughout your day.

For parents with children aged up to 11 years

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

NOV

09

7PM

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

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

NOV

16

7PM

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.

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

NOV

23

7PM

ONLINE  
COURSE

### ABOUT ME—HEALTHY RELATIONSHIPS

**Healthy Relationships** - setting boundaries is important to keeping healthy relationships and prevent over committing, over promising, and a feeling of despair or resentment. Learn how to create boundaries in a way to enhance relationships and not leave you worn out.

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





All of our sessions are filled with helpful techniques and ideas that we are sure will help you build your child's confidence and boost their self-esteem. Crucially, you can do our course whenever and wherever suits you and work through it at our own pace.



# Calendar

JOIN THE TEAM

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 register, please enter your preferred contact email address where it says 'work email'. Please note this does not need to be a work email address.**

**To book or further information please call Louise on 0204 522 8700 or email [services@familylives.org.uk](mailto:services@familylives.org.uk)**

NOV

7.30PM

07

ONLINE  
COURSE

## DADS TOGETHER

Our programme provides support, information and resources to parents/carers and adult family members so they can help their child reach their full potential.

Our programme covers:

**This course is open to dads who are residents of Hertfordshire**

NOV

9.30AM

08

ONLINE  
COURSE

## SORTING OUT FAMILY ARGUMENTS

Programme covers:

How parents and children can be affected by conflict  
Strategies in handling and resolving conflict and anger.

Parents role when there is sibling rivalry and jealousy, fostering cooperation rather than competition.

Effective communication, implementing boundaries and how to negotiate

DEC

9.30AM

07

ONLINE  
COURSE

## REDUCING CONFLICT—ONLINE WORKSHOP

This 2-hour workshop explores different types of conflict between couples and families. Provides support in understanding the causes and impact of parental and family conflict on children and gives practical steps and strategies that parents can take to help improve their family relationships.

**For parent/carers who are residents of Hertfordshire.**



Autism | ADHD  
Neurodiverse Conditions

For residents of Hertfordshire only



OCT

13

10AM

ONLINE  
COURSE

OCT

17

7PM

THE KITCHEN  
198 WATFORD RD  
CROXLEY GREEN  
WD3 3DB

OCT

31

6.30PM

ONLINE  
COURSE

NOV

02

10AM

ONLINE  
COURSE



# Calendar

JOIN THE TEAM

We host free in-person support groups for parents and carers creating friendly, informal ways of meeting other parents and carers in a relaxed, safe environment. Each meeting focuses on a different topic relevant to the SEND world supported by specialist speakers. There are lots of opportunities to find out about SEND services and how to access them as well as plenty of opportunities for informal chats.

To join our upcoming Support Groups and Check In and Chats please follow us on [Facebook](#) and [Eventbrite](#) to be alerted when they are available to book.

## ANXIETY AND SEND WORKSHOP

A workshop that looks at anxiety and what parents can do to support their SEN children when they become anxious.

Objective: Parents are more confident in recognising and managing their child's anxiety

- Recognising signs of anxiety
- Fight, Flight, Freeze
- Strategies for managing anxiety

## CROXLEY GREEN SUPPORT GROUP

For parents/carers/families who are raising children and young people with neuro-disabilities, including autism and ADHD.

Your child/young person does not need a diagnosis in order for you to access our groups, and the support group is **FREE** to attend.

We are a friendly, knowledgeable and supportive team, and we are all SEN parents ourselves, so we really do understand the high's and lows of raising children with neuro-developmental differences.

## NEURODIVERSITY IN GIRLS AND WOMEN (ADHD & AUTISM)

This 4 week course is designed to help parents and carers understand more about the particular challenges which autistic girls and/or those with ADHD can face and leave equipped with strategies and approaches to help celebrate and support them.

## ANGER AND CONFLICT

Objective: Parents are able to understand and better manage children and young people who present as angry.

Workshop Content:

- What is anger?
- Anger management
- The Assault Cycle - antecedents, behaviour, consequences
- Strategies for managing anger & conflict.





Autism | ADHD  
Neurodiverse Conditions

For residents of Hertfordshire only



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NOV

10AM

07

ONLINE  
COURSE

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NOV

7PM

09

THE KITCHEN  
198 WATFORD RD  
CROXLEY GREEN  
WD3 3DB

## PARENTING ADHD SKILLS

A 3 session course which covers understanding ADHD and gives some strategies and ideas about the best way to parent those with the condition Each session is 2 hours long and occurs on the same day and time each week. There is one session per week, delivered on a Tuesday, so the course will be delivered in 3 sessions over 3 weeks. It is advised that you attend all sessions to gain maximum benefit.

NOV

6.30PM

13

ONLINE  
COURSE

## AUTISTIC GIRLS WORKSHOP

This online workshop is designed to help parent/carers understand more about the particular challenges which autistic girls can face as well as leave equipped with strategies and approaches to help celebrate and support them.

This workshop is for parents/carers of girls with a diagnosis or suspected diagnosis of autism

NOV

9PM

20

ONLINE  
COURSE

## UNDERSTANDING AUTISM WORKSHOP

A workshop that looks at Autism and helps people to understand the condition.

- Characteristics of Autism
- Recognising myths & facts
- Understanding how Autism effects executive functioning & emotional regulation



Autism | ADHD  
Neurodiverse Conditions

For residents of Hertfordshire only



# Calendar

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We host free in-person support groups for parents and carers creating friendly, informal ways of meeting other parents and carers in a relaxed, safe environment. Each meeting focuses on a different topic relevant to the SEND world supported by specialist speakers. There are lots of opportunities to find out about SEND services and how to access them as well as plenty of opportunities for informal chats.

To join our upcoming Support Groups and Check In and Chats please follow us on [Facebook](#) and [Eventbrite](#) to be alerted when they are available to book.

NOV

10AM

27

ONLINE  
COURSE

## UNDERSTANDING AUTISM WORKSHOP

Gain a deeper understanding of ADHD.

Our speakers will delve into the intricacies of ADHD, sharing valuable insights, tips, and strategies to navigate the challenges it presents and celebrate neurodiversity. Discover effective techniques for fostering positive relationship and promoting success in various aspects of life

NOV

10AM

28

THE KITCHEN  
198 WATFORD RD  
CROXLEY GREEN  
WD3 3DB

## ADHD IN GIRLS AND WOMEN

A workshop that looks at girls and women with ADHD

Objective: Parents understand the particular challenges which girls with these conditions face, and are able to support them.

- Understanding girls with ADHD
- Characteristics
- How to support

DEC

10AM

13

ONLINE  
COURSE

## ANXIETY AND SEND

A workshop that looks at anxiety and what parents can do to support their SEN children when they become anxious  
Parents are more confident in recognising and managing their child's anxiety

- Recognising signs of anxiety
- Fight, Flight, Freeze
- Strategies for managing anxiety

DEC

10AM

15

ONLINE  
COURSE

## SLEEP WORKSHOP

A workshop exploring the interface of neurodiversity and sleep before exploring practical strategies to support better sleep.  
To support parents and carers to make positive changes to their child's sleep patterns, which will enable the whole family to benefit from more sleep. This will have a very positive effect on the health and wellbeing of all family members.

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

## ADD-vance



OCT

31

10AM

ONLINE COURSE

NOV

02

7PM

ONLINE COURSE



# 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)

### UNDERSTANDING GIRLS WITH ADHD & AUTISM

For Parent/carers of girls aged 5-14 yrs (or 4 yrs and already in reception) with a diagnosis or suspected diagnosis of ADHD and/or Autism. Parent/carers of boys who present in a similar way to girls in terms of ADHD/Autism traits, are also welcome

Bookings open via [eventbrite](https://www.eventbrite.com) on Saturday October 7th at 9 am. If the course is full, please click register to join the waitlist.

### UNDERSTANDING ADHD & AUTISM IN THE EARLY YEARS FOR DADS

This interactive course is designed for parents & carers of children with a diagnosis or suspected diagnosis of ADHD and/ or Autism

ALL SESSIONS MUST BE ATTENDED

☎ 01727 833963

✉ [herts@add-vance.org](mailto:herts@add-vance.org)

🌐 <http://www.add-vance.org/>

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

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

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# Calendar

JOIN THE TEAM

## FREE ONLINE AUTUMN 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/>

### OCT

VARIOUS  
DATES

### AM/PM

VARIOUS  
TIMES

- 09 OCT PREPARING FOR AN EHCP ANNUAL REVIEW
- 11 OCT TIPS & TOOLS FOR SLEEP
- 16 OCT UNDERSTANDING CHALLENGING BEHAVIOUR
- 18 OCT TIPS & TOOLS TO MANAGE ANGER
- 30 OCT WORKING IN PARTNERSHIP WITH SCHOOL

### NOV

VARIOUS  
DATES

### AM/PM

VARIOUS  
TIMES

- 01 NOV TIPS & TOOLS TO SUPPORT LEARNING
- 02 NOV TIPS & TOOLS TO MANAGE SCHOOL AVOIDANCE
- 06 NOV TIPS & TOOLS TO SUPPORT SOCIAL SKILLS
- 08 NOV TIPS & TOOLS TO SUPPORT COMMUNICATION
- 13 NOV TIPS & TOOLS TO ENCOURAGE POSITIVE BEHAVIOUR
- 15 NOV TIPS & TOOLS TO SUPPORT EMOTIONAL LITERACY
- 20 NOV TIPS & TOOLS TO BUILD SELF-ESTEEM
- 22 NOV UNDERSTANDING MEDICATION OPTIONS
- 27 NOV UNDERSTANDING NEURODIVERSE TEENS
- 29 NOV UNDERSTANDING ANXIETY
- 30 NOV TIPS & TOOLS TO MANAGE ANXIETY

### DEC

VARIOUS  
DATES

### AM/PM

VARIOUS  
TIMES

- 04 DEC TIPS & TOOLS TO MANAGE SELF-HARM
- 06 DEC TIPS & TOOLS TO SUPPORT PUBERTY

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

## ADD-vance



OCT

1PM

10

ONLINE COURSE

OCT

7PM

17

ONLINE COURSE



WORLD MENTAL HEALTH DAY

TUESDAY 10TH OCTOBER



# Calendar

JOIN THE TEAM

### 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.

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)

### PDA SUPPORT GROUP

A FREE ONLINE FOLLOW UP support group to our Understanding PDA workshop for parents and carers.

This session will be delivered via Zoom with a maximum of 10 participants and facilitated by two ADD-vance Specialist ADHD/Autism Coaches.

**This group is open to residents of Hertfordshire only.**

### PARENTS/CARERS OR SECONDARY AGED CHILDREN

A FREE ONLINE support group for parents/carers of secondary-aged children with a diagnosis (or suspected diagnosis) of ADHD and/or Autism.

This session will be delivered via Zoom with a maximum of 10 participants and facilitated by two ADD-vance Specialist ADHD/Autism Coaches.

**This group is open to residents of Hertfordshire only.**

  
Hertfordshire and Mid Essex  
Talking Therapies

Join us to celebrate World Mental Health Day 2023  
Tuesday 10th October



#### Mental Health Awareness Training (10am - 11am)

A webinar for anyone working with, or for, groups vulnerable to common mental health problems. Improving your understanding of mental health difficulties could benefit many people around you.

#### Understanding Anxiety webinar (12pm - 1pm)

The aim of this webinar provides an introduction into the broad topic of anxiety

#### Relaxation skills webinar (4pm - 5pm)

An introduction to the topic of relaxation including practical relaxation exercises, guided by the facilitator, so participants can experience varying methods of relaxation.

Register online: [www.hpft-iapt.nhs.uk](http://www.hpft-iapt.nhs.uk)

Watford Council community day, Atria Shopping Centre Watford (9am - 4pm)

Carers in Herts event, South Hill Centre, Hemel Hempstead (10:30am - 3pm)

Our team will be available at these events to provide information about our free NHS Talking Therapies service. Come and say hello!

[www.hpft-iapt.nhs.uk](http://www.hpft-iapt.nhs.uk)