

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

17th Sept – 22nd Oct

Online Course: ID 682

Wednesdays 7.45-9.15pm

5th Nov – 10th Dec

Online Course: ID 683

Wednesdays 7.45-9.15pm

6th Nov - 11th Dec

Online Course: ID 684

TALKING ANGER in TEENS

6, weekly sessions for parents and carers of children aged 12-19, supporting you to:

- Understand why teens and 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.



Wednesdays 7.45-9.30pm

18th Sept – 23rd Oct

Online Course: ID 681

TALKING DADS

6, weekly sessions for dads & male carers of all ages, 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

18th Sept – 23rd Oct

Online Course: ID 685

Wednesdays 7.45-9.15pm

6th Nov - 11th Dec

Online Course: ID 686

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.



Tuesdays 9.45-11.15am

17th Sept – 22nd Oct

Online Course ID 678

Tuesdays 7.00-9.00pm

5th Nov – 10th Dec

Venue: To be confirmed

STEVENAGE Course ID 679

Thursdays 8.00-9.30pm

19th Sept – 24th Oct

Online Course ID 680

TALKING ANXIETY in FAMILIES

6, weekly sessions for parents and carers of under 12's, 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 9.45-11.30am

5th Nov – 10th Dec

Online Course ID 677

TALKING ADDITIONAL NEEDS

A 6-week group for parents and carers of children with any additional need from 2-25. Your child does not need a diagnosis to join.

- 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.



Mondays 8.00-9.30pm

16th Sept – 21st Oct

Course ID 675

Wednesdays 9.30-11.30am

6th Nov – 11th Dec

Venue: To be confirmed

ST ALBANS Course ID 676

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

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