

Free Confidential Impartial

Parents and Carers,

Coming on a Parenting course could help you to:-

- Speak and listen to your child more effectively.
- Improve family relationships.
- Deal with difficult behaviour more effectively
- Reward good behaviour, to boost your child's self esteem and confidence.
- Set limits and boundaries, discipline and time out.
- Gain support from other parents facing similar challenges.



Local Support and Services - Helplines:

Family Information Service 0300 1234 052

Mon-Fri 8.30-4.30 Advice and information on services for families, also

Family Services Directory - www.hertsdirect.org/fsd for information

Parentline Plus —24 hour helpline for parents—0808 800 2222

www.parentlineplus.org.uk, for all parents- help/support and information

Frank Free confidential helpline for parents and teens open 24/7 for advice on drugs and alcohol 0800 77 66 00

Youth Talk - advice and counselling for teenagers in St Albans area 01727 868 684 www.youthtalk.org.uk email info@youthtalk.org.uk

Add-vance —support for parents of children with ADHD/ASD - www.add-vance.org for more information.

Expecting ? - Antenatal courses and workshops - at local children's centres/ hospitals in West Herts. Ring 01923 217686 for info/or to book

This will be the last programme produced by the Parenting and Information Officer, St Albans and Harpenden, District Partnership Team, Herts County Council, 01442 453839. POST finishes 31/03/2011.



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Parenting Courses and Support in St Albans & Harpenden SPRING 2011



0-6 years

5-12 years

11-19 years

ADDITIONAL NEEDS-

Open to all parents and carers in the district

From Pram to Primary:6weeks Wheathampstead

Who is it for?	Contact	Time and Place
Parents wanting to build on your parenting skills, increase cooperation and set boundaries with your under 6 ,and meet other parents.	Lamerfields Children's Centre 01582 834758	Mondays 7.30-9.30pm 28th February—4th April. Lamerfields Children's Centre, Nurseries Road- Wheathampstead AL48TP
Child age range	0-6 years	Children's Centre

The Parenting Puzzle:10 weeks St Albans

Who is it for?	Contact	Time and Place
Want more from family life? Get on better with your children, manage behaviours ,learn new skills and positive discipline and boost your confidence on this supportive course	Kathryn/ Pippa Children's Centre 01727 774090	Wednesdays 7-9pm 19th January for 10 weeks excluding 2nd March 2011 Sopwell and Verulam Children's Centre Mandeville Drive St Albans AL1 2LE
Child age range	2-10 years	Parent Centred Support

Boys Development Programme:4 weeks St Albans

Who is it for?	Contact	Time and Place
Parents—understand your son's development and behaviour, set boundaries, discipline and support him to make the most of his abilities .	Joanne or Teresa St Albans Children's Centre 01727 891105	Tuesdays 7-9pm 11 th , 18 th 25 th Jan, 1 st Feb 2011 St Albans Children's Centre Church crescent AL3 5JD
Son's age	0-5 years	Children's Centre

Parent Links Activity Sessions fortnightly St Albans

Session topic	Dates times	Place and Contact
To be confirmed in January —all suggestions for topics welcome—please speak to Sheila	From 18th January 2011 Fortnightly Tuesday- daytimes	Sheila Thorpe Parent Support worker 07827 977484 Ring Sheila for details and to book a place on sessions—which will be at The Alban way Community Suite, Francis Bacon School Drakes Drive, St Albans. AL1 5AR

For any parent, grandparent, carer with a child 0-19 years.
Topics and session details to follow.

For more information about parenting courses and support in the St Albans area and elsewhere in Hertfordshire— look on www.hertsdirect.org/fsd/parenting_courses or ask at your local Children's Centre or School

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Workshop: Understanding Your Child's Behaviour London Colney

Who is it for	contact	Time and place
Building relationships , setting boundaries, and rewarding and encouraging good behaviour in your child to get on better together.	Hilary Blake Parent support worker. St Albans South 07595 47323	Monday 14th March 9.30 to 11.30am at the Caledon Club, Telford Rd. London Colney AL2 1PU
Child age range	5-12 years	Parentline plus ?

Workshop: Raising Teen Girls Harpenden

Who is it for	contact	Time and place
For parents - understand how your teen daughter thinks, how to handle common problems, communicate to build better relationships	Hobie Walker / Claire Belfield Parent support workers 07985 330941	TBC Spring term Roundwood park —please contact Hobie/Claire for details and to register interest.
Child age range	10-15 years	Parent Centred Support

Workshop: Raising Teen boys Harpenden

Who is it for?	Contact	Time and Place
Parents - understand your teenage son, how to communicate better, handle common teenage problems, and develop responsibility.	Hobie Walker / Claire Belfield Parent support workers 07985 330941	TBC Spring term Roundwood park — please contact Hobie / Claire for details and to register interest.
Child age range	10-15 years	Parent Centred Support

Boys Development Programme:4 weeks Harpenden

Who is it for?	Contact	Time and Place
Parents -understand your son' s development and behaviour, set boundaries, discipline and support him to make the most of his abilities .	Sarah - Admin, Harpenden Children's Centre 01582 714210	Thursdays 7.15- 9.15pm 17th March for 4 weeks Harpenden Children's Centre Holcroft Road AL5 5BQ
Your Son's age	2-5 years	Children's Centre

The Parenting Puzzle:10 weeks St Albans

Who is it for?	Contact	Time and Place
Want more from family life? Get on better with your children, manage behaviours ,learn new skills and positive discipline and boost your confidence on this supportive course	Lorraine/Tracy The Alban Way Children's Centre 01727 855134	Please ring for information and to book. Fleetville Junior School 228 Hatfield Rd St Albans AL1 4LW
Child age range	2-10 years	Parent Centred Support /CC

Boys Development Programme:4 weeks St Albans

Who is it for?	Contact	Time and Place
Parents -understand your son' s development and behaviour, set boundaries, discipline and support him to make the most of his abilities.	Lorraine/Tracy The Alban Way Children's Centre 01727 855134	TBC -Please ring The Alban Way Children's Centre for information and to book.
Son's age	0-5 years	Children's Centre

Parenting a child with Additional Needs St Albans

Who is it for?	Contact	Time and Place
Parents with an additional needs child –to look at the challenges involved, the impact on the wider family, coping with difficult feelings, dealing with professionals etc.	Joanne/ Susan St Albans Children's Centre 01727 891105	Thursdays 7-9pm 3rd February–17th March excluding half term, St Albans Chil- dren's Centre Church Crescent AL3 5JD
Child age range	2-12 years	Families in Focus

Time out for ADHD/ASD:6 weeks Harpenden

Who is it for?	Contact	Time and Place
Parents— for your support and to develop your skills further in supporting your child , encouraging good behaviours , coping with challenging behaviours and meeting other parents	Hobie / Claire Parent support workers 07985 330941	Thursdays 10-12am 27th Jan - 10th March . Roundwood Park School Roundwood Park Harpenden AL5 3AE This course is already full
Child with ADHD/ASD diagnosis	Age range 6-14 years	Run by ADD-vance

Raising Confident Families (Feeling Safe Standing Strong):6 weeks St Albans

Who is it for?	Contact	Time and Place
Parents- to help support your child and boost their self esteem and confidence e.g. if at risk of bullying / being bullied ,or in other situations ,to cope, and feel safer and more secure	Justine / Mandy, par- ent support workers Nexus 01727 855134	Wednesdays 7.30-9.30 pm, from 24th Janary– 7th March 2011 Fleetville Junior Sch. 228 Hatfield Road St Albans AL1 4LW
Child age range	5-14 years	Parent Centred Support

Living with Teenagers:6weeks St Albans

Who is it for?	Contact	Time and Place
Parents to build skills to communicate effectively with your teenage children, set boundaries, and build better relationships with them	Jenni Parent Sup- port Worker The Alban way Consortium 07827 977485	Tuesdays 7-9pm 1st, 8th 15th February 1st, 8th 15th March Francis Bacon School Drakes Drive St Albans AL1 5AR
Child age range	11-18 years	Parent Centred Support

Keeping calm building bridges:4 weeks Bricket Wood/LondonColney

Who is it for	Contact	Time and place
Parents wanting to de-velop skills to handle conflict, and anger, communi-cate well and build better relationships with your child	Hilary Blake Parent support worker. St Albans South consor- tium 07595 347323	TBC—Spring term Feb / March, after half term , please ring Hilary for details and to register interest.
Child age range	5 -12 years	Parentline Plus

Strengthening Families, Strengthening Communities: 13 weeks St Albans

Who is it for?	Contact	Time and place
For parents concerned about risks to their child of antisocial behaviour. This course aims to strengthen parenting skills , gain support and manage behavioural problems.	Kate 01992 555246 Emma 01992 555909	For information about future courses or to register interest Please ring Kate / Emma.
Child age range	8-16 yrs	Refreshments /help with transport/ childcare