

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

Parenting and Information Officer for Dacorum 01442 453923

Family Information Service 01438 737502 / 01923 471502
Mon-Fri 8.30-4.30 Advice and information on services for families

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

Parentline Plus 24 hour helpline for parents 0808 800 2222
www.parentlineplus.org.uk

Find your local Children Centres
www.hertschildrenscentres.org.uk/

Find your local Extended Schools Coordinator
www.hertsextendedschools.org.uk/

This leaflet last amended 09.12.09 by Parenting and Information Officer
District Partnership Team Dacorum Herts County Council 01442 453839

Parenting Courses and Support in Dacorum Spring 2010

Free Confidential Impartial



Free universal courses open to All parents in the district

COURSES

KINGS LANGLEY, CHIPPERFIELD, BOVINGDON, NASH MILLS, BEDMOND, AND SARRATT

STRENGTHENING FAMILIES, STRENGTHENING COMMUNITIES

Who is it for?	Time and Date
Parents with concerns about their child's anti-social behaviours. The course is designed to strengthen parenting skills, prevent and manage behaviour problems	Introduction session 15th December 2009 1st Session 5 th January 2010 for 12 weeks (excluding 1/2 term) 9.30 am -12.30 pm
Kings Langley Services (Social club) 3-5 Hempstead Road Kings Langley, WD4 8BJ	Emma Allen Project Manager 01992 555909
Child age range 8-16 years	Childcare and transport available

FEELING SAFE, STANDING STRONG

Who is it for?	Time and Date
To help your child to find safe ways to manage their feelings and anger, improve relationships, communication and build self esteem	Friday 8th, 15th, 22nd, 29th Jan, 5th 12th, February with a follow up session on 12th March 2010 9.30 am– 12 pm
Christchurch Baptist Church, The Nap, Kings Langley WD4 8ET	Jenny Flynn Parent Support Worker 07595200658
Child age range 5-11	Crèche available

PARENTING APART

Who is it for?	Time and Date
This session helps parents find ways to support their children through the impact of divorce and separation. Focusing on the children; it explores their emotional needs, expressing and handling feelings, and building their self esteem. It also looks at practical issues such as parenting in difficult households, contact arrangements, relationship changes from parents to co-parents and looking to the future.	Tuesday 12th, 19th, 26th, January, 2nd February 2010 7.30-9.30 pm
Three Villages Children Centre, Coniston Ave, Kings Langley, WD4 8DF	Jenny Flynn Parent Support Worker 07595200658
Child age range 0-19 years	

COMMENTS FROM PARENTS.....

“This course has made me feel confident as a mother”

“Being able to discuss concerns and without feeling judged or laughed at “

We can now talk and resolve issues without shouting at each other

“I think we have bonded better- we are more confident with each other and it is so nice for me as a mummy (I'm getting a lot more cuddles)”

“Being able to be me and have other people interested in my issues”

PARENT LINKS ACTIVITY SESSIONS

Who is it for?	
Activity sessions with an opportunity to talk with the parent support worker about any worries and issues you may be having with your child.	All sessions 9.15-11.15 am
3rd December 2009 Hammond School (Face painting) 7th January 2010 Holtsmere End Junior School (Massage) 4th February 2010 Broadfield School 4th March 2010 Yewtree School (Scrap booking) 1st April 2010 Hobletts Manor Junior School 6th May 2010 Holtsmere End Junior School 10th June 2010 Broadfield School 1st July 2010 Hobletts Manor Infant School (Nail art)	Nicola Fisher Parent Support Worker 07538600323 Booking Essential
Child age range	5-19

WARNERS END, GADEBRIDGE, CHAULDEN AND HEMEL CENTRAL

SWANS GROUP

Who is it for?	
Coffee and friendly support for parents with children who have special needs	Last Wednesday of the month 9.30-11.15 am Term Time Only
Heath Lane Children Centre Heath Lane, Hemel Hempstead HP1 1TT	Linda Frances Health Visitor 01442 255882

EDUCATIONAL PSYCHOLOGIST SESSIONS

Who is it for?	
Do you have questions, worries or niggles about your child's education or development?	45 minute sessions MUST BE BOOKED 2nd Thursday of the month
Galley Hill Children Centre Galley Hill, Hemel Hempstead HP1 3JY	Galley Hill Children Centre 07507 227418
Child age range	0-19 years

LIVING AT HOME FOR TEENAGERS AND THEIR PARENTS

Who is it for?	Time and Date
Individual workshops covering 'family feuds', '2 sides', 'rules of the house', 'you're late'. First hour parents and child separated. Second hour together	Monday 1st, 8th, 15th & 22nd March 2010 7-9 pm
Preferably only one child per family	
Kings Langley area TO BE CONFIRMED	Jenny Flynn Parent support Worker 07595200658
Child age range	13 years upwards

REDBOURN

TIME OUT FOR ADHD AND ASD

Who is it for?	Time and Date
Parents who want to develop their skills further in supporting your child, and handling behaviours	Tuesday 26th January, 2nd, 9th, 23rd February, 2nd and 9th March 2010 10.30-12.30
Redbourn and Villages Children Centre Long Cutt, Redbourn, AL3 7EX	Chris Engstrom, Parent Support Worker 01582 626727
Child age range	6-14 years

TRING

123 MAGIC

Who is it for?	Time and Date
To help parents manage and understand their child's behaviour using the 123 magic technique	26 th January 2 nd , 9 th , 23 rd February, 2 nd 9 th March 7-9 pm
Tring Community Centre Silk Mill Way, Tring, HP23 5EP	Samantha Lindars Parent and Child Support Worker 07598 329823
Child age range	4-12 years

UNDERSTANDING TEENS THE GROSS STUFF AND THE GROUND RULES

Who is it for?	Time and Date
Six sessions covering the parent child relationship, parenting styles, communication, what to say about sex and sexuality, tools for handling conflict, identify strategies to raise aspirations and boost self esteem.	27th January, 3rd, 10th, 24th February 3rd and 10th March 2010
	7-9 pm
Tring Community Centre, Silk Mill Way, Tring, HP23 5EP	Samantha Lindars Parent and Child Support Worker 07598 329823
Child age range	11 years onwards

BERKHAMSTED

PARENTS APART

Who is it for?
A taster workshop followed by 3 sessions. Help for separated parents to find new ways to cope with the practical problems of bringing up your children whilst living apart
COMING SOON. REGISTER YOUR INTEREST WITH JAN GARWOOD, PARENT SUPPORT WORKER 07791800496

SUPPORTING CHILDREN THROUGH LOSS

Who is it for?	Time and Date
This workshop provides parents with skills to look after themselves and their children through experiences of loss such as bereavement	24th February, 3rd, and 10th March 2010
	7-9 pm
Westfield First School Durrants Lane, Berkhamsted, HP4 3PJ	Jan Garwood Parent Support Worker 07791800496
Child age range	0-19 years

DROP IN

BENNETTS END, LEVERSTOCK GREEN , CORNER HALL

WOODFIELD SCHOOL DROP IN SESSION FOR PARENTS WITH CHILDREN WHO HAVE SPECIAL NEEDS

Who is it for?	
Do you feel that you need some help and advice? No matter what your concern you can speak to qualified experienced staff.	Every Wednesday 3 pm -5.30 pm
Woodfield School, Malmes Croft, Hemel Hempstead, HP3 8RL	
Child age range	

HIGHFIELD, ADEYFIELD, GROVEHILL AND WOODHALL FARM

EDUCATIONAL PSYCHOLOGIST SESSIONS Woodhall Farm

Who is it for?	
Do you have some questions, worries or niggles about your child's education or development?	½ hour sessions MUST BE BOOKED Last Thursday of the month—mornings
WorldShapers Children Centre, Datchet Close, Hemel Hempstead, HP2 7JX	WorldShapers Children Centre 01442 269804
Child age range	0-19

EDUCATIONAL PSYCHOLOGIST SESSIONS Adeyfield

Who is it for?	
Do you have some questions, worries or niggles about your child's education or development?	½ hour sessions MUST BE BOOKED Last Wednesday of the month 1-3 pm
Windmill Children Centre Broadfield Road, Hemel Hempstead HP2 4DW	Windmill Children Centre 01442 426303
Child age range	0-19

DEALING WITH TANTRUMS

Who is it for?	
COMING SOON TO BERKHAMSTED!	
DO YOU FEEL THAT YOU'VE TRIED EVERYTHING! DO YOU NEED IDEAS TO HELP AND SUPPORT YOU WHEN YOUR CHILD IS HAVING A TANTRUM? THIS WORKSHOP IS FOR YOU!	
Register your interest with Ben Sladden, Berkhamsted Children Centre Manager ON 01442 384144	
Child age range	Under 5's

SETTING AND KEEPING BOUNDARIES

Who is it for?	Time and Date
COMING SOON TO BERKHAMSTED!	
DO YOU FEEL THAT YOU STRUGGLE TO SET AND KEEP BOUNDARIES, DO YOU NEED SOME NEW IDEAS OR AN OPPORTUNITY TO TALK TO OTHERS WHO FEEL THE SAME? THIS WORKSHOP IS FOR YOU!	
Register your interest with Ben Sladden, Berkhamsted Children Centre Manager on 01442 384144	
Child age range	Under 5's

GADEBRIDGE, WARNERS END, CHAUDEN AND HEMEL CENTRAL

HOME ALONE : SPECIAL SESSION FOR SINGLE PARENTS

Who is it for?	Time and Date
This workshop aims to encourage the group in their role as parents, help parents take control and make changes, recognise and take pride in their achievements, and make new friends	Tuesday 9 th March 2010 1-3 pm
Chaulden Community Centre, Long Chaulden, Hemel Hempstead, HP1 2HX	Jackie Amos Parent Support Worker 07535544343
Child age range	Under 10

123 MAGIC FOR CHILDREN WITH ADDITIONAL NEEDS

Who is it for?	Time and Date
For parents with children who have additional needs who are looking for techniques to manage challenging behaviour	27th April, 4th, 11th ,18th May 2010 6.30– 9.30 pm
Berkhamsted Civic Centre, 161-163 High Street, Berkhamsted, HP4 3HB	Jan Garwood Parent Support Worker 07791800496
Child age range	4-12 years

HIGHFIELD, ADEYFIELD, ST PAULS, GROVEHILL & WOODHALL FARM

RAISING KIDS IN THE 21ST CENTURY: LOVING LIMITS

Who is it for?	Time and Date
This two session workshop looks at developing a loving discipline style for your family	2nd, 9th February 2010 9.30-11.30 AM
Grovehill Community Centre, Henry Wells Square, Hemel Hempstead, HP2 6BJ	WorldShapers Children Centre 01442 269804
Child age range	Under 6's Crèche available

HANDLING ANGER IN YOUR FAMILY

Who is it for?	Time and Date
Helps to explore, understand and manage anger and conflict in either yourself or your family	Wednesday 24th February, 3rd, 10th, 17th, 24th, 31st March 2010 6.30-8.30 pm
Adeyfield School Lecture Theatre Longlands, Hemel Hempstead HP2 4ED	Nicola Fisher Parent Support Worker 01442 426727 or 07538600323
Child age range	

WARNERS END, GADEBRIDGE, CHAUDEN AND HEMEL CENTRAL

UNDERSTANDING TEENS THE GROSS STUFF AND THE GROUND RULES

Who is it for?	Time and Date
Six sessions covering the parent/child relationship, parenting styles, communication, what to say about sex and sexuality, tools for handling conflict, identify strategies to raise aspirations and boost self esteem.	Thursday 4 th , 11 th , 25 th February, 4 th , 11 th , 18 th March 2010 7-9 pm
John F Kennedy School, Hollybush Lane, Hemel Hempstead HP1 2PH	Jackie Amos Parent Support Worker 07535544343
Child age range	11 years and over

PLAY AND TALK: MOVING ON TO SCHOOL

Who is it for?	Time and Date
This 4 week course will look at how you can help your child (and you!) get ready for school – through play The last 1/2 hour includes your child	Monday 18th, 25th January 1st and 8th February 2010 12.45-2.45 pm
St Georges United Reform Church Church Hall, School Row Chaulden, HP1 2HX	Galley Hill Children Centre 01442 426753
Child age range	2-5 years
	Crèche available

PARENTING PUZZLE

Who is it for?
This course helps parents to understand how emotions influence our actions and offers positive practical ways of guiding children to handle both their feelings and emotions. This is a 10 week course.
To register your interest please contact Heath Lane Children Centre, 01442 261043
Child age range
Under 5's



TRANSITION WORKSHOP FOR PARENTS

Who is it for?	Time and Date
A two hour workshop to help parents support their children moving to secondary school, including independence skills, positive friends, and the emotional changes involved. COMING SPRING 2010	
REGISTER YOUR INTEREST WITH SAMANTHA LINDARS, PARENT & CHILD SUPPORT WORKER ON 07598 329823	
Child age range	Under 7's
	Crèche available

BERKHAMSTED

CAN DO KIDS

Who is it for?	Time and Date
How to help your children grow up feeling confident and how to build their self esteem	Thursday 21st January 2010 7-9 pm
St Thomas More Primary School Greenway, Berkhamsted	Jan Garwood Parent Support Worker 07791800496
Child age range	5-12 years

CAN DO KIDS

Who is it for?	Time and Date
How to help your children grow up feeling confident and how to build their self esteem	Thursday 26th January 2010 7-9 pm
Bridgewater School Bridle Way Berkhamsted HP4 1ES	Jan Garwood Parent Support Worker 07791800496
Child age range	5-12 years

UNDERSTANDING CHILDREN'S BEHAVIOUR

Who is it for?	Time and Date
Do you sometimes think that your children do things just to wind you up? Find out what's really going on and what will help.	Tuesday 2nd February 2010 7-9 pm
Bridgewater School Bridle Way Berkhamsted HP4 1ES	Jan Garwood Parent Support Worker 07791800496
Child age range	5-10 years



MANAGING CHANGES IN FAMILY DYNAMICS

Who is it for?		Time and Date
Change can often leave us feeling stuck in our life. This workshop explores change and looks to find strategies to help the family move forward. Lunch is provided		Wednesday 10 th March 2010 9.30 am -1.30 pm
VENUE TO BE CONFIRMED		Jenny Flynn Parent Support Worker 07595200658
Child age range	0-19 years	Crèche available

MOVING TO SECONDARY SCHOOL YEAR 5 TRANSITION WORKSHOP

Who is it for?		Time and Date
A chance to look more closely at the admissions process along with acknowledging the child's and parents needs.		Wednesday 24 th March 2010 7.30-9.30 pm
Kings Langley Secondary School Love lane, Kings Langley, WD4 9HN		Jenny Flynn Parent Support Worker 07595200658
Child age range	Parents of year 5	

TRING

CONFIDENT PARENTING :ASSERTIVENESS SKILLS FOR PARENTS

Who is it for?		Time and Date
For parents who would like to be able to: take charge of their life, be able to say 'no', handle their feelings, learn to be assertive and raise their self esteem.		Wednesday 20 th January 2010 1-3 pm
Orchard Children Centre Silk Mill Way, Tring, HP23 5DJ		Andrea Kelly Orchard Children Centre Manager 07595 204350
Child age range	Under 7's	Crèche available

WORKSHOPS

HIGHFIELD, ADEYFIELD, ST PAULS, GROVEHILL & WOODHALL FARM

UNDERSTANDING CHILDREN'S BEHAVIOUR

Who is it for?		Time and Date
Do you sometimes think that your children do things just to wind you up? Find out what's really going on and what will help.		19 th January 2009 1-3 pm
Heights Community Hall. Jupiter Drive, Hemel Hempstead, HP2 5NU		Windmill Children Centre 01442 426303
Child age range	0-6 years	Crèche available

RAISING KIDS IN THE 21ST CENTURY: WHAT CHILDREN REALLY NEED

Who is it for?		Time and Date
This workshop looks at encouragement and praise, understanding that each child has a unique and different personality		19th January 2010 9.30-11.30 am
Grovehill Community Centre, Henry Wells Square, Hemel Hempstead, HP2 6BJ		WorldShapers Children Centre 01442 269804
Child age range	Under 6's	Crèche available

RAISING KIDS IN THE 21ST CENTURY: DEVELOPING EMOTIONAL SECURITY

Who is it for?		Time and Date
This workshop looks at Self Esteem and why it's important, different ways we can show love to our children, how we can make them feel loved and why it's important, showing & developing empathy.		26th January 2010 9.30-11.30 am
Grovehill Community Centre, Henry Wells Square, Hemel Hempstead, HP2 6BJ		WorldShapers Children Centre 01442 269804
Child age range	Under 6's	Crèche available

KEEPING SAFE AND PROTECTING YOUNG MINDS

Who is it for?		Time and Date
This workshop will include alerting parents to the dangers children face, risks of playing unsupervised inside and outside, talking to children about sex, protecting young minds from pornography and what to do about bullying		Thursday 28th January 2010 6.30-8.30 pm
Astley Cooper School, St Agnells Lane, Hemel Hempstead, HP2 7HL		Nicola Fisher Parent Support Worker 01442 426727 or 07538600323
Child age range	5-11 years	

RAISING KIDS IN THE 21ST CENTURY: KEEPING SAFE

Who is it for?		Time and Date
This workshop looks at the dangers children face, risks of playing unsupervised inside and outside the home, what to do about bullying, talking about sex, safe screen time (TV, DVD's, Computers and computer games).		23rd February 2010 9.30-11.30 am
Grovehill Community Centre, Henry Wells Square, Hemel Hempstead, HP2 6BJ		WorldShapers Children Centre 01442 269804
Child age range	Under 6's	Crèche available

RAISING KIDS IN THE 21ST CENTURY: KEEPING SANE

Who is it for?		Time and Date
This workshop looks at sharing of strategies for coping, encouraging taking care of the whole person, stress management strategies.		2nd March 2010 9.30-11.30 am
Grovehill Community Centre, Henry Wells Square, Hemel Hempstead, HP2 6BJ		WorldShapers Children Centre 01442 269804
Child age range	Under 6's	Crèche available



KINGS LANGLEY

123 MAGIC TASTER

Who is it for?		Time and Date
A taster session to explain 123 Magic process, giving some advice on understanding and managing children's behaviour aged 4-12		Wednesday 13th January 2010 7-9.30 pm
Kings Langley Secondary School, Love Lane, Kings Langley, WD4 9HN		Jenny Flynn Parent Support Worker 07595200658
Child age range	4-12 years	

BEREAVEMENT AND LOSS

Who is it for?		Time and Date
A practical course with ideas for parents on how to support their child and prepare them for loss e.g. going to a funeral, how to grieve naturally and signs to look for.		Tuesday 19th January 2010 9.30 am -1.30 pm Lunch is provided
Haven House, London Road Hemel Hempstead, HP3 9AB		Jenny Flynn Parent Support Worker 07595200658
Child age range	0-19 years	Crèche available

HAPPY HEALTHY FAMILIES

Who is it for?		Time and Date
For parents and their children in years 5 and 6. An interactive fun workshop learn and play and find out how you can encourage healthier options		Saturday 30th January 2010 10 am -12.30 pm
Kings Langley Community Centre The Nap Kings Langley		Jenny Flynn Parent Support Worker 07595200658
Child age range	School years 5 & 6	

