

There are a variety of  
**Parenting Courses and Support Sessions**  
available in

**Dacorum - including Berkhamsted and Tring**  
supporting parents with children from 0-19  
and those with children who have special needs.  
These include workshops, longer courses and drop in  
sessions.

There are daytime, evening and weekend sessions.  
If you would like to see the full range please see the  
Compass Website

[www.hertsextendedschools.org.uk/berkhamsted](http://www.hertsextendedschools.org.uk/berkhamsted) or  
Contact **Jan Garwood** (see below) for a paper copy,  
emailed copy or for more information.

This information will also be sent to all schools.

If you would like an informal chat about any  
parenting issues, worries or concerns or need help  
to find further information please contact:

**Jan Garwood**  
**Parent Support Worker**  
**0779 1800 496**

[psw.berkhamsted@hertsextendedschools.org.uk](mailto:psw.berkhamsted@hertsextendedschools.org.uk)

Look out for coffee and chat sessions in your  
school.



# Compass

Leading the way to Extended Schools in Berkhamsted,  
Northchurch, Little Gaddesden and Potten End



## Parent Support Berkhamsted

Building your Child's **Self-Esteem**

Understanding  
**Children's Behaviour**  
responding in a way that helps.



How to support Children through  
**Change and Loss**

**Managing Behaviour** for parents whose  
child has a diagnosed **Special Need**  
i.e. ADHD, Autism, Global Delay.

**Can-Do-Kids - Age range 5-12yrs**

Delivered by **Parentline Plus**

This **workshop** will help you to help your child grow up feeling confident and build their self-esteem.

Two dates available

**Thurs 21<sup>st</sup> Jan 7-9pm**

St. Thomas More Primary School

or

**Tues 26<sup>th</sup> Jan 7-9pm**

Bridgewater Middle School

To book a place on any of these workshops or courses please contact:

**Jan Garwood**

**Parent Support Worker**

**0779 1800 496**

[psw.berkhamsted@hertsexextendedschools.org.uk](mailto:psw.berkhamsted@hertsexextendedschools.org.uk)

**First Aid Course for Parents with Children 0-8yrs**

Tues **2<sup>nd</sup> Feb 9.30am-12.30am** at Northchurch Social Centre HP4 3RD

or

Mon **8<sup>th</sup> Feb 6.30pm-9.30pm** at Greenway School HP4 3NH

**£10 per person** (booking form will be sent)

**Understanding Children's Behaviour**

Delivered by **Parentline Plus**

This **workshop** will help you understand Children's Behaviour by:

- Looking at links between feelings, needs and behaviour.
- Learning how to respond to children in way that helps.

Age range 5 - 10

**Tuesday 2<sup>nd</sup> Feb 7 - 9 pm**

Bridgewater Middle School

**Supporting Children Through Loss and Change**

Delivered by **Parentline Plus**

This **3 week** course provides parents with the skills to look after themselves and their children through experiences of **change such as bereavement.**

- Increases understanding of the process of change and loss
- Looking at how children react to loss
- Help develop skills to support children through changes and loss.

**Suitable for all ages.**

**Wednesday 24<sup>th</sup> Feb and 3<sup>rd</sup> and 10<sup>th</sup> March 7-9pm**

**Westfield First School**

**123 Magic for Children with Additional Needs**

Delivered by **Families in Focus**

This **4 week** course provides parents with techniques to manage **behavioural difficulties** and **challenging behaviour** of children who have **Additional Needs**. Parents will explore ways of setting clear boundaries, being clear on what behaviour they want to stop and what behaviour they want to encourage.

**Children must have a diagnosed additional need such as:**

**ADHD, Autism, Global Delay.**

Age range 4 -12

**Tuesdays 27<sup>th</sup> April, 4<sup>th</sup>, 11<sup>th</sup> and 18<sup>th</sup> May**

**6.30 - 9.30pm**

Berkhamsted Civic Centre HP4 3HB

**This course needs to be booked by 27<sup>th</sup> March**