



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:

Children's 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

Youth Talk - advice for teenagers and parents 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 .



**Parenting Courses
and Support in
St Albans & Harpenden
Autumn Term 2008**

Free Confidential Impartial



Free universal courses open to all parents in the District

From Pram to Primary

Who is it for?	Contact	Time and Place
Parents of 0-6 year olds wanting to build on parenting skills, and improve relationships ,increase cooperation	Sarah Barrett Health Visitor 01727 853025	Sopwell and Verulam Children's Centre, Mandeville Drive St Albans,Herts AL1 2LE Mondays -7.30-9.15 pm Sept 29 th October 6 th , 13 th 20 th November 3rd ,10th
Child age range	0-6 years	No crèche

123 Magic

Who is it for?	Contact	Time and Place
Parents of children 2-12 years. Boost your child's self esteem , set boundaries build on your own confidence as a parent	Lorraine Imber , 01727 855134 Anita Taylor Youth Talk 01727 868684	Cunningham Hill Junior School Cell Barnes Lane,St Albans AL1 5QJ Tuesday's 9:30 - 11:30am October 7, 14, 21 November 4, 11, 18
Child age range	2- 12 years	No crèche

Dealing With Anger

Who is it for?	Contact	Time and Place
Parent wanting to develop skills in defusing their child's anger + handle challenging behaviours, to create harmony	Jo Maher Nexus , 07939111152, with Parentline Plus	Fleetville Junior School 228 Hatfield Road St Albans AL14LW . On :Wednesdays From 9.30-11.30 am October 8, 15,22, November 5, 12, 19,
Child age range	5-12 years	No crèche

Strengthening Families, Strengthening Communities

Who is it for?	Contact	Time and Place
For Bangla speaking parents/ grandparents of children 1-10 years to build on parenting skills . (Interpreter available)	Contact Shona Hill / Jo Sibley Fleetville Family Centre 01727 753118 for information	Wednesdays 10-1pm for 12 weeks excluding Holidays starts November 5th - 4th February 2009 Crèche and transport available

TIME OUT FOR SPECIAL NEEDS

Who is it for?	Contact	Time and Place
Support and building on skills, specifically for parents who have a child/children with special needs, (St Albans & Dacorum Districts)	Elaine Williams Jo Sibley Fleetville Family Centre 01727 753118	Fleetville Family Support Centre Alma Rd, St Albans AL1 3AR Tuesdays 9.30am to 11.20am Starting 9th September to 11th November COURSE FULL
Child age range	1-8 years	Transport and crèche available Please ring 01438 737500 to ask for referral to this course.

TIME OUT FOR Teenagers -: St Albans

Who is it for?	Contact	Time and Place
parents to build skills to communicate effectively with teenage children ,set boundaries, and build good relationships	Sharon Barton 07904 254990 Anita Taylor Youth talk 01727 868684	Francis Bacon Secondary School Drakes Drive St Albans AL15AR, Wednesday Eve 7.15pm-9.15pm October 8th/15th/22nd November 5/12/19
Child age range	11-19years	No Crèche

TIME OUT FOR Teenagers - : Harpenden

Who is it for?	Contact	Time and Place
parents to build skills to communicate effectively with teenage children ,set boundaries, and build good relationships	Helen Leigh email- harpندنPlus@roundwoodpark.herts. sch.uk Anita Taylor 01727 868684	St Georges School, Sun Lane Harpenden AL5 4TD Wednesday Eve 7.15pm-9.15pm October 8th/15th/22nd November 5/12/19 COURSE FULL
Child age range	11-19 years	No crèche

Strengthening Families, Strengthening Communities

Who is it for?	Contact	Time and place
Parents with concerns about their child being at risk of /from anti-social behaviours.	Emma Allen 01992 555909 or Julie Alexander 01992 556991	Fleetville Junior School,228 Hatfield Rd St Albans AL1 4LW October 24 for 13 weeks -until Feb 13th 2009 - excluding holi- days and half term
Child age range	8-13 years	Fridays 9.30-11.30am