



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/



Parenting Courses and Support in Dacorum Autumn Term 2009

Free Confidential Impartial



Free universal courses open to All parents in the district

COURSES

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

123 MAGIC

Who is it for?	Contact	Time and Place
To help parents manage and understand their children's behaviour	Jenny Flynn Parent Support Worker 07595200658	Thursdays 17th, 24th, September, 1st, 8th, 15th, 22nd October 2009 7.30-9.30 PM Venue TBC
Child age range	2-12	

TIME OUT FOR TEENS

Who is it for?	Contact	Time and Place
Parents who want to build skills to communicate effectively with teenage children, set boundaries and build better relationships	Jenny Flynn Parent Support Worker 07595200658	Fridays 18th, 25th, September, 2nd, 9th, 16th, 23rd October 9.45-11.45 AM Chipperfield Baptist Church The Street, Chipperfield
Child age range	12+	Crèche available

TIPS AND TECHNIQUES FOR COPING WITH YOUNG CHILDREN

Who is it for?	Contact	Time and Place
The focus is on the emotional development needs of young children. Simple techniques to Manage children's behaviour	Angela Welsh Three Villages Children Centre Manager 01923 481670	Thursday 5th, 12th, 19th, 26th, November , 3rd, 10th December 2009 12.45-2.45 PM All Saints Church Church Lane, Kings Langley
Child age range	Under 6s	Crèche available

EDUCATIONAL PSYCHOLOGIST SESSIONS

Adeyfield

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

WEEKLY PARENT SUPPORT GROUP

Adeyfield

Who is it for?	Contact	Time and Place
Come along and discuss any worries or concerns you may have about being a parent or about your child	Windmill Children Centre 01442 426303	Windmill Children Centre Broadfield Road Hemel Hempstead HP2 4DW Tuesdays 9.15-10.30 AM Weekly—term time only Booking essential
Child age range	0-19	Crèche available if booked in advance

LEVERSTOCK GREEN AND BENNETTS END

DROP IN PARENTING SUPPORT

Who is it for?	Contact	Time and Place
Coffee and friendly support in a relaxed environment	Jan Nethercoat H.E.R.O.E.S Administrator 07534 213640	Tuesday mornings 9.30-11 AM Bennetts End Community Centre, Gatecroft, Hemel Hempstead, HP3 9LZ
Child age range	5+	Crèche available for younger siblings



DROP IN

WARNERS END, GADEBRIDGE, CHAUDEN, HEMEL CENTRAL

SWANS GROUP

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

EDUCATIONAL PSYCHOLOGIST SESSIONS

Who is it for?	Contact	Time and Place
Do you have questions, worries or niggles about your child's education or development?	Terri Burfield Galley Hill Children Centre Manager 01442 426753	Galley Hill Children Centre Galley Hill Hemel Hempstead HP1 3JY 45 minute sessions MUST BE BOOKED
Child age range	0-19	

HIGHFIELD, ADEYFIELD, GROVEHILL AND WOODHALL FARM

EDUCATIONAL PSYCHOLOGIST SESSIONS Woodhall Farm

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

CONFIDENCE BUILDING FOR PARENTS

Who is it for?	Contact	Time and Place
Would you like to be able to: take charge of your life, be able to say "no", handle feelings, learn to be assertive and raise your self esteem?	Jenny Flynn Parent Support Worker 07595 200658	Tuesday 22nd, 29th, September 6th, 13th October 7.30-9.30 PM Three Villages Children Centre Coniston Avenue Kings Langley WD4 8DF
Child age range	All Parents	

HIGHFIELD, ADEYFIELD, ST PAULS, GROVEHILL & WOODHALL FARM

GETTING THROUGH THE DAY

Who is it for?	Contact	Time and Place
Looks at routines and boundaries, Understanding difficult behaviour, faddy eaters, healthy options, and looking after yourself	Windmill Children Centre 01442 426303	Tuesday 22nd, 29th September, 6th, 13th, 20th October 2009 1-3 PM Windmill Children Centre Broadfield Road Hemel Hempstead HP2 4DW
Child age range	Under 3s	Crèche available

WARNERS END, GADEBRIDGE, CHAUDEN, HEMEL CENTRAL

PARENT TIME

Who is it for?	Contact	Time and Place
4 Sessions covering common issues experienced by parents of children under 10	Jackie Amos Parent Support Worker 07535 544343	Monday 9th, 16th, 23rd and 30th November 2009 7-9 PM Venue TBC
Child age range	Under 10s	

LEVERSTOCK GREEN AND BENNETTS END

123 MAGIC FOR CHILDREN WITH ADDITIONAL NEEDS

Who is it for?	Contact	Time and Place
For parents with children who have additional needs who are looking for techniques to Manage challenging behaviour	Jan Nethercoat H.E.R.O.E.S Administrator 07534 213640	28th September, 5th, 12th and 19th October 2009 6.30-9.30 PM Hobbs Hill Wood School Peascroft Road Hemel Hempstead HP3 8ER
Child age range	4-12	

TRING

HANDLING ANGER IN YOUR FAMILY

Who is it for?	Contact	Time and Place
Helps to explore, understand and manage anger and conflict in either yourself or your family	Andrea Kelly Orchard Children's Centre Manager 07595 204350	Monday 2nd, 9th, 16th, 23rd, 30th November 7th December 2009 7-9 PM Orchard Children Centre Silk Mill Way, Tring HP23 5DJ
Child age range	0-18	

HEMEL HEMPSTEAD

STRENGTHENING FAMILIES, STRENGTHENING COMMUNITIES

Who is it for?	Contact	Time and Place
Parents with concerns about their child's anti-social Behaviour	Emma Allen Project Manager 01992 555909	Monday 14th September 2009 for 13 weeks. 10 AM-1 PM Burymill Family Support Centre Bury Road, Hemel Hempstead HP1 1HW
Child age range	8-16	

TRING

RISKY BEHAVIOUR

Who is it for?	Contact	Time and Place
A one off workshop to help parents to talk to their teens about sex, drugs and alcohol without being embarrassed or unsure	Samantha Lindars Child and Family Worker 07598 329823	Wednesday 21st October 2009 7-9 PM Tring Red Cross Hall Red Cross Centre Faversham Close Tring, HP23 5BA
Child age range	12-14 years	

UNDERSTANDING TEENS

Who is it for?	Contact	Time and Place
A workshop aiming to give parents strategies for building self esteem and improve parent and young person relationship	Samantha Lindars Child and Family Worker 07598 329823	Tuesday 17th November 2009 7-9 PM Tring Community Centre Silk Mill Way Tring HP23 5EP
Child age range	12-14 years	

123 MAGIC TASTER SESSION

Who is it for?	Contact	Time and Place
A taster session to explain 123 Magic process, giving some advice on understanding and managing children's behaviour aged 4-12	Samantha Lindars Child and Family Worker 07598329823	Tuesday 24th November 2009 7-9PM Tring Community Centre Silk Mill Way Tring HP23 5EP
Child age range	4-12	

HIGHFIELD, ADEYFIELD, ST PAULS, GROVEHILL & WOODHALL FARM

UNDERSTANDING TEENAGE GIRLS

Who is it for?	Contact	Time and Place
For parents who want to understand a teenager's world. Tips on how to boost a teenagers confidence and help to develop responsibility and handle common teenage problems	Nicola Fisher Parent Support Worker 07538 600323	Monday 19th October 2009 6.30-8.30 PM Adeyfield School Lecture Theatre, Longlands Hemel Hempstead HP2 4DE
Child age range	10+	

3 STEPS TO EFFECTIVE PARENTING

Who is it for?	Contact	Time and Place
For parents who want to understand the causes of unacceptable behaviour, encourage good behaviour and build self esteem and to strengthen your relationship with your child	Nicola Fisher Parent Support Worker 07538 600323	Wednesday 4th November 2009 12.30-2.30 PM Yew Tree School Fletcher Way Hemel Hempstead HP2 5QR
Child age range	5-11 year olds	

UNDERSTANDING TEENAGE BOYS

Who is it for?	Contact	Time and Place
For parents who want to understand a teenagers world. Tips on how to boost a teenagers confidence and help to develop responsibility and handle common teenage problems	Nicola Fisher Parent Support Worker 07538 600323	Wednesday 11th November 2009 6.30-8.30 PM Astley Cooper School St Agnells Lane Hemel Hempstead HP2 7HL
Child age range	10+	

WORKSHOPS

GADEBRIDGE, WARNERS END, CHAUDEN, HEMEL CENTRAL

UNDERSTANDING CHILDREN'S BEHAVIOUR

Who is it for?	Contact	Time and Place
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	Jackie Amos Parent Support Worker 07535 544343	Saturday 3rd October 2009 10-12 AM Galley Hill Children Centre Galley Hill Hemel Hempstead HP1 3JY
Child age range	Under 10's	

CHRISTMAS STRESS BUSTING

Who is it for?	Contact	Time and Place
Ideas to take the stress out of Christmas	Jackie Amos Parent Support Worker 07535 544343	Tuesday 10th November 2009 7-9 PM Heath Lane Children Centre Heath Lane Hemel Hempstead HP1 1TT
Child age range	Under 10s	

AGES AND STAGES OF DEVELOPMENT

Who is it for?	Contact	Time and Place
What to expect at different ages, and changing needs as children grow	Terri Burfield Galley Hill Children Manager 01442 426753	Date and Time TBC Chaulden Community Centre Long Chaulden Hemel Hempstead HP1 2HX
Child age range		

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

TRANSITIONS FOR PARENTS WITH CHILDREN IN YEAR 7

Who is it for?	Contact	Time and Place
This workshop looks at the concerns of parents with the needs of their child. How to support your child during the transitional process, strategies and tools to help	Jenny Flynn Parent Support Worker 07595 200658	Tuesday 20th October 2009 7.30-9.30 PM Kings Langley Secondary School Love Lane, Kings Langley WD4 9HN
Child age range	School year 7	

HAPPY HEALTHY FAMILIES

Who is it for?	Contact	Time and Place
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	Jenny Flynn Parent Support Worker 07595 200658	Saturday 14th November 2009 10-12.30 AM Venue TBC
Child age range	School Years 5 & 6	

KEEPING SAFE AND PROTECTING YOUNG MINDS

Who is it for?	Contact	Time and Place
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	Jenny Flynn Parent Support Worker 07595 200658	Wednesday 18th November 2009 7.30-9.30 PM Venue TBC
Child age range	5-11 years	

MANAGING ANGER IN THE FAMILY

Who is it for?	Contact	Time and Place
A workshop for parents and children having difficulties expressing or receiving strong feelings. Come to this workshop to explore alternative ways to express yourself	Jenny Flynn Parent Support Worker 07595 200658	Monday 23rd November 2009 6.30 –8.30 PM Venue TBC
Child age range	School years 8 & 9	

BERKHAMSTED

KEEPING SAFE AND PROTECTING YOUNG MINDS

Who is it for?	Contact	Time and Place
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	Contact Jan Garwood, Parent Support Worker for more details on 07791 800496	
Child age range	5-12 years	

CAN DO KIDS

Who is it for?	Contact	Time and Place
How to help your children grow up feeling confident	Contact Jan Garwood, Parent Support Worker for more details on 07791 800496 October 2009 Venue TBC	
Child age range	5-12 years	