



South West Herts Partnership
Family Support Service

CALENDAR OF EVENTS

South West Herts Partnership has collated a list of parenting events happening online from our parent organisations on the following pages.





Families In Focus CIC

Enabling families to be stronger together

DSPL | Delivering Special
Provision Locally
Achieving quality outcomes



Calendar

JOIN THE TEAM

FREE Support, information & learning groups for parents caring for children with special educational needs and/or disabilities and chronic health conditions – no need to book just turn up unless stated otherwise. Delivered by experienced, trained facilitators with over 25 years of personal experience and professional knowledge to share in a non-judgemental and supportive environment.

For Bookings please visit www.familiesinfocus.co.uk

All our Parent Networks are continuing throughout lockdown, reaching parents of children with additional needs online **via ZOOM**.

APRIL

9.30AM

20

**ONLINE
COURSE**

COMPLETE GUIDE TO PARENTING CHILDREN WITH SEND

This **FREE** 10-week course is for those parenting children aged 2 to 11 with all Special Education Needs living in Hertfordshire. **Evening course also available on this date at 6.30pm**
Parents must attend each session.

Bookings@familiesinfocus.co.uk

APRIL

6.30PM

20

**ONLINE
COURSE**

HANDLING ANGER IN YOUR IN YOUR CHILD WITH ADHD/AND OR AUTISM

A **FREE** six-week course for parents with primary aged children with ADHD and/or Autism, living in Hertfordshire. This CANparent quality mark course for parents of primary aged children provides practical and proven techniques to reduce angry meltdowns in your family.

APRIL

9.30AM

21

**ONLINE
COURSE**

HANDLING ANGER IN YOUR FAMILY

A **FREE** 6 Week course for parents living in Hertfordshire. This CANparent quality mark course is for parents of primary aged children, and provides practical and proven techniques to reduce angry meltdowns in your family.

Parents must be able to attend each session

APRIL

12PM

21

**ONLINE
COURSE**

HANDLING ANGER IN YOUR FAMILY

A **FREE** 6 Week course for parents living in Hertfordshire. This CANparent quality mark course is for parents of primary aged children, and provides practical and proven techniques to reduce angry meltdowns in your family

Parents must be able to attend each session



Families In Focus CIC

Enabling families to be stronger together



Calendar

JOIN THE TEAM

Lottery funded and therefore **FREE** support, information and knowledge for parents caring for children with SEND, with or without a diagnosis. The groups are delivered by parents, for parents. All of our facilitators have children with additional needs and are trained by Francine and Lesley.

Email bookings@familiesinfocus.co.uk

APRIL

7PM

12

ONLINE
COURSE

TIPS TO HELP CHILDREN COPE WITH ANXIETY

ZOOM with Francine and Lesley

APRIL

9.30AM

15

ONLINE
COURSE

GIVING PRIMARY AGED CHILDREN A VOICE
IN THEIR EHCP

ZOOM with Francine and Lesley
With Helena Marks-Dwyer, independent SEND advisor

APRIL

9.30AM

19

ONLINE
COURSE

SENSORY ISSUES EXPLAINED

ZOOM with Siobhan

APRIL

7PM

20

ONLINE
COURSE

BUILDING A COMMUNITY OF SHARED EXPERIENCES

TEENS 15+ ZOOM with Finola and Karen

APRIL

9.30AM

21

ONLINE
COURSE

LETS POP THE KETTLE ON—SEND CHAT, GIGGLES
AND A CUPPA

ZOOM with Vicky and Sharon

APRIL

7PM

22

ONLINE
COURSE

UNDERSTANDING ADHD

ZOOM with Siobhann

NATURAL FLAIR COACHING



Calendar

JOIN THE TEAM

Natural Flair courses are funded by Herts County Council, parents need to be referred to attend.

All interactive online courses. Take advantage of what's available from the comfort of your own home.

To request a place, call: 01992 446 051

www.naturalflair.com

APRIL

20

7PM

ONLINE
COURSE

SECRETS TO PARENTING YOUR TEENAGER

Six core workshops in all focusing on different areas of parenting teenagers. Areas covered include:

- Identify strategies to raise aspirations and boost self-esteem
- Emotional needs and the teenage brain
- Parenting styles and setting house rules/boundaries
- Tools for supporting anxiety and building resilience
- Communication - what works and what doesn't

APRIL

21

7PM

ONLINE
COURSE

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- Parenting styles and setting house rules/boundaries
- Tools for supporting anxiety and building resilience
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APRIL

22

9.30AM

ONLINE
COURSE

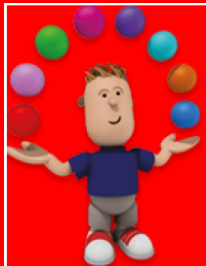
PROTECTIVE BEHAVIOURS

This is a 6-week programme with the core themes of protective behaviours running through the whole course. It has been designed to meet the needs of parents/carers facing the everyday challenges of parenting.

This programme runs as 6 x two-hour sessions, focusing on different areas of emotional resilience, including dealing with conflict.

These courses are funded by Herts County Council and are open to residents of Hertfordshire only

ADD-vance



APR

AM/PM

VARIOUS
DATES

VARIOUS
TIMES

APRIL

7.30PM

20

ONLINE
COURSE

APRIL

7.30PM

21

ONLINE
COURSE



Calendar

JOIN THE TEAM

We are delighted to announce three series of **NEW FREE ONLINE WORKSHOPS** for parents/carers running from October 2020 to March 2021 funded by Hertfordshire County Council.

These interactive workshops will be delivered via Zoom and can easily be accessed via a PC, laptop, tablet or smartphone.

For more details and to book your **FREE** ticket, please see <http://add-vance.eventbrite.com/> or visit our Facebook page.

UNDERSTANDING CHALLENGING BEHAVIOUR

ONLINE SUPPORT GROUP FOR PARENTS/CARERS OF PRIMARY AGED CHILDREN

THINKING ABOUT COLLEGE?

THINKING ABOUT UNIVERSITY?

TIPS & TOOLS TO MANAGE ANGER

IDENTIFYING ADHD AND/OR AUTISM

UNDERSTANDING ANXIETY

ONLINE SUPPORT GROUP FOR PARENTS/CARERS OF SECONDARY AGED CHILDREN

UNDERSTANDING ADHD

TIPS & TOOLS TO BUILD YOUR CHILD'S SELF-ESTEEM

TIPS & TOOLS TO MANAGE ANXIETY

SUPPORTING FAMILIES WITH PROTECTIVE BEHAVIOURS

A **FREE** course for **Dads and Male Carers**. Are you looking for some strategies and new ideas to help improve family life?

For eligibility and to book your **FREE** place email: enquiries@familiesfeelingSAFE.co.uk
Tel: 07748 332606



SUPPORTING FAMILIES WITH PROTECTIVE BEHAVIOURS

A **FREE** course for **Mums, Dads and Carers**. Are you looking for some strategies and new ideas to help improve family life?

For eligibility and to book your **FREE** place email: enquiries@familiesfeelingSAFE.co.uk
Tel: 07748 332606



These courses are funded by Herts County Council and are open to residents of Hertfordshire only

ADD-vance



MAY

AM/PM

**VARIOUS
DATES**

**VARIOUS
TIMES**



Calendar

JOIN THE TEAM

Courses will be delivered online via Zoom with a maximum of 12 participants. They will run as a series of 2.5 hour sessions over five weeks. The sessions are designed to be interactive and participants will be expected to attend every session with video/audio. Earphones are recommended if you have children in the same room with you. The sessions can be accessed free via a PC, laptop, tablet or smartphone. Joining instructions will be provided beforehand and the first session will provide an opportunity to practice using the technology. www.add-vance.org

CARING FOR YOUR CHILD (AND YOURSELF)

SUPPORT GROUP FOR PARENTS/CARERS OF 15-24 YEAR OLDS

UNDERSTANDING AUTISM

TIPS AND TOOLS TO SUPPORT COMMUNICATION

TIPS & TOOLS FOR POSITIVE BEHAVIOUR

TIPS AND TOOLS FOR SLEEP

WORKING IN PARTNERSHIP WITH SCHOOL

TIPS & TOOLS TO MANAGE SENSORY DIFFERENCES

SUPPORT GROUP FOR PARENTS OF PRIMARY AGED CHILDREN

UNDERSTANDING PATHOLOGICAL DEMAND AVOIDANCE

SUPPORT FOR DADS WITH NEURODIVERSE CHILDREN

TIPS & TOOLS TO TEACH EMOTIONAL LITERACY

SUPPORT THE TRANSITION TO PRIMARY SCHOOL

TIPS & TOOLS TO TEACH SOCIAL SKILLS

**ONLINE SUPPORT GROUP FOR PARENTS/CARERS OF
SECONDARY AGED CHILDREN**

UNDERSTANDING ADHD IN GIRLS

TIPS& TOOLS TO SUPPORT LEARNING/EXECUTIVE FUNCTION

TIPS & TOOLS FOR MANAGING TOILETING

SUPPORTING THE TRANSITION TO SECONDARY SCHOOL

TIPS & TOOLS TO MANAGE ANXIETY

UNDERSTANDING AUTISM IN GIRLS

TIPS & TOOLS TO MANAGE CHANGE (TRANSITION)