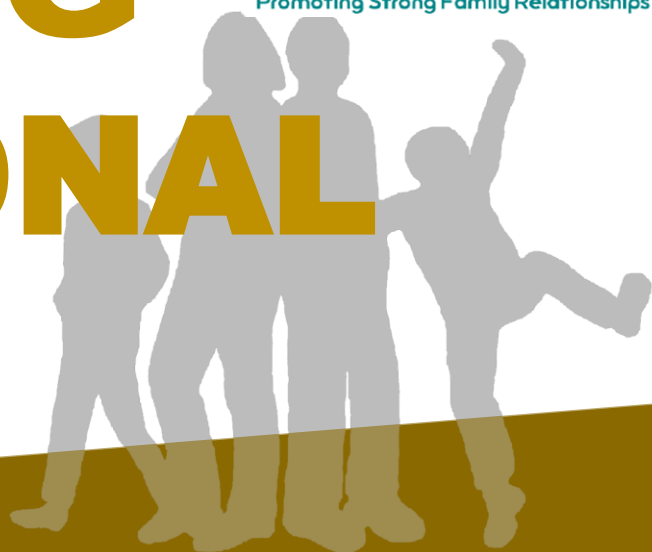


TALKING ADDITIONAL NEEDS



Wednesdays 9.45 - 11.15am Online Course ID: 770
17th, 24th Sept, 1st, 8th, 15th & 22nd Oct 2025
Delivered online using Zoom

Wednesdays 8.00 - 9.30pm Face-to-Face ID: 771
5th, 12th, 19th, 26th Nov, 3rd & 10th Dec 2025
Venue TBA
Watford

A 6-week group for parents and carers of children with any additional need. Your child does not need a diagnosis.

- **Understand your child's behaviour**
- **Develop strategies that really work**
- **Reduce conflict and increase co-operation**
- **Improve emotional regulation**
- **Explore sensory needs**
- **Increase your child's resilience**
- **Manage the different needs within your family**

Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.

'I have been on a few courses to help me with my child but this was by far the most helpful'

Booking essential
Please quote the course ID
To check eligibility and book a place, contact Supporting Links on:

07512 709 556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk

TALKING FAMILIES

Wednesdays 8.00 - 9.30pm Online Course ID: 774
17th, 24th Sept, 1st, 8th, 15th & 22nd Oct 2025

Thursdays 9.45 - 11.15am Online Course ID: 772
18th, 25th Sept, 2nd, 9th, 16th & 2nd Oct 2025

Tuesdays 8.00 - 9.30pm Online Course ID: 773
4th, 11th, 18th, 25th Nov, 2nd & 9th Dec 2025

**6, weekly sessions for parents
and carers of children under 12,
sharing tips on how to:**

- **Manage challenging behaviour with consistency**
- **Encourage positive behaviour**
- **Build your child's self esteem**
- **Set and maintain boundaries**
- **Respond to tantrums and difficult feelings in children**
- **Develop a strong parent/child relationship now and for the future**

**Our online sessions are delivered
weekly via Zoom.**

Groups are open to parents, carers,
grandparents and guardians living, or
with a child in school, in Hertfordshire.

**'Every parent should do this
course! It has taught me so
much about how to deal with
family life.'**

Booking essential
Please quote the course ID
To check eligibility and book a place,
contact Supporting Links on:

07512 709 556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk

TALKING TEENS



Tuesdays 7.45 - 9.15pm Online Course ID: 778
16th, 23rd, 30th Sept, 7th, 14th & 21st Oct 2025

Thursdays 7.45 - 9.15pm Online Course ID: 777
6th, 13th, 20th, 27th Nov, 4th & 11th Dec 2025

6, weekly sessions for parents and carers of children aged 12-19, covering:

- **The Teen Brain: Recognising the physical and emotional changes taking place and why their behaviour changes.**
- **The link between behaviour and difficult feelings.**
- **Maintaining your relationship with good communication.**
- **Understanding risk taking behaviour around drugs, alcohol and gang culture.**
- **How to negotiate during a conflict situation.**

Our online sessions are delivered weekly via Zoom.

Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.

"Our home is no longer a battlefield. I am less stressed and my teenager speaks to me more. Thank you!"

Booking essential
Please quote the course ID
To check eligibility and book a place, contact Supporting Links on:

07512 709 556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk

TALKING DADS



Wednesdays 7.45 - 9.15pm Online Course ID: 779
17th, 24th Sept, 1st, 8th, 15th & 22nd Oct 2025

Wednesdays 7.45 - 9.15pm Online Course ID: 780
5th, 12th, 19th, 26th Nov, 3rd & 10th Dec 2025

6, weekly sessions for dads & male carers of all ages, sharing information on:

- **Increasing confidence in your parenting.**
- **Developing a healthy dad/child relationship now and for the future.**
- **Improved listening and communication skills.**
- **Effective strategies for dealing with anger and conflict.**
- **How to enforce boundaries.**

Our online sessions are delivered weekly via Zoom.

Groups are open to dads and male carers living, or with a child in school, in Hertfordshire.

"Our home is no longer a battlefield. I am less stressed and my teenager speaks to me more. Thank you!"

Booking essential
Please quote the course ID
To check eligibility and book a place, contact Supporting Links on:

07512 709 556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk

TALKING ANXIETY in TEENS



Tuesdays 7.45 - 9.30pm Online Course ID: 776
16th, 23rd, 30th Sept, 7th, 14th & 21st Oct 2025

6, weekly sessions for parents and carers of children aged 12-18, supporting you to:

- **Understand why young people and adults get anxious.**
- **Develop strategies to handle anxiety in yourself and others within your family.**
- **Recognise the early signs of anxiety and be able to avoid escalation.**
- **Reduce stress and tension.**
- **Encourage resilient behaviour and strengthen relationships in the family.**

Our online sessions are delivered weekly via Zoom.

Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.

“This course has helped us massively. We are responding so differently, and it’s really helping us to cope day to day.”

Booking essential
Please quote the course ID
To check eligibility and book a place, contact Supporting Links on:

07512 709 556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk

TALKING ANGER in TEENS



Tuesdays 7.45 - 9.30pm Online Course ID: 776
4th, 11th, 18th, 25th Nov, 2nd & 9th Dec 2025

6, weekly sessions for parents and carers of children aged 12-18, supporting you to:

- **Understand why children and adults get angry.**
- **Develop strategies to handle anger in yourself and others within your family.**
- **Recognise the early signs of anger and be able to avoid escalation.**
- **Reduce conflicts and arguments.**
- **Encourage positive behaviour and strengthen relationships in the family.**

Our online sessions are delivered weekly via Zoom.

Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.


‘I am not ashamed to say that their anger used to scare me. I now feel able to cope with it, and even help. I am much more confident, thank you so much’.

Booking essential
Please quote the course ID
To check eligibility and book a place,
contact Supporting Links on:

07512 709 556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk

 These courses are provided free to participants by Hertfordshire County Council's Targeted Parenting Fund


www.canparent.org.uk