



Free Confidential Impartial

Parents, Grandparents and Carers,
attending a course or workshop could help you to:-

- Speak and listen to your child more effectively
 - Improve family relationships.
 - Reward good behaviour
- Deal with difficult behaviour more effectively
 - Set limits and boundaries
 - Boost your child's self esteem
 - Gain support from other parents
 - Understand your child's behaviour



Local Support and Services - Helplines:

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

If you would like further information on anything contained in
this leaflet, please contact:

Jenni Willimott

Parenting and Information Officer for Hertsmere
District Partnership Team (Welwyn Hatfield and Hertsmere)

Farnham House,

Six Hills Way, Stevenage, Herts SG1 2FQ

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Courses and workshops For Parents and Carers in Hertsmere

SPRING TERM 2010

Free Confidential Impartial



POTTERS BAR

BABY CLINIC—DROP IN

Who is it for?	Child age range	Day, Date, Time and Place
Support and advice on a wide range of family health issues	0-5 Session run by Health Visitors Booking not required Just drop in	Wednesdays 9.30am-12.00pm PB1 Children's Centre Chace Avenue, Potters Bar EN6 5NP
Contact	For details of other baby clinics in Hertsmere	http://www.hertsmere-children.co.uk/downloads/Baby_clinic_west_herts2.pdf

PARENT SUPPORT GROUP

Who is it for?	Child age range	Day, Date Time and Place
Tea, friendship and more! A chance to discuss parenting issues in a supportive friendly environment	For parents of children from pre-school to primary Limited Crèche Places available booking essential	Every Thursday from 14th January (excluding half term) 10am-11.30am PB1 Children's Centre Chace Avenue, Potters Bar EN6 5NP
Contact	PB1 Booking Line	01707 658547

HANDLING ANGER IN THE FAMILY—SIX WEEK COURSE

Who is it for?	Child age range	Day, Date, Time and Place
Explore, understand and manage anger and conflict in either yourself or your family	Limited Crèche places available Booking essential	Thursday 7th, 14th, 21st, 28th January and 4th, 11th February Time 9.30-11.30am The Venue Elstree Way, Borehamwood
Contact	Judy Green Extended Schools Administrator	0208 238 7282

STRENGTHENING FAMILIES, STRENGTHENING COMMUNITIES 13 WEEK PROGRAMME

Who is it for?	Child age range	Day, Date, Time and Place
Worried about your child's behaviour? Course covers Positive parenting, discipline and communication	Parents of children aged 8-13 where there are concerns about anti-social behaviour	Courses are run at various venues throughout Hertsmere. For more information please contact the training administrator below
Contact	For more information	01992 555246

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POTTERS BAR, continued

SUPPORT GROUP FOR PARENTS OF CHILDREN WITH CHALLENGING BEHAVIOUR

Who is it for?	Child age range	Day, Date, Time and Place
For all parents/ carers of children with challenging Behaviour. Your child does need to have a statement for you to attend this support group. You are welcome to attend as many or as few of these sessions as you would like. Come and meet other parents who face similar challenges on a daily basis. Give and receive advice, help, support and make some new friends too!	For parents of children aged 3+	<p>First Tuesday in the month</p> <p>9.15am-11.15am Wroxham Primary School Potters Bar</p> <p>and</p> <p>1pm-3pm Summerswood Primary School, Borehamwood</p> <p>Meeting dates for Spring Term 2010:</p> <p>Tuesday 3rd November, 1st December, 5th January, 2nd February, 2nd March</p>
Contact	No booking necessary—just come along	

THE PARENTING PUZZLE—8 WEEK COURSE

Who is it for?	Child age range	Day, Date, Time and Place
The Parenting Puzzle is run over 8 weeks. It encourages parents and carers to enjoy bringing up their children and getting the best out of family life. It helps parents to understand how emotions influence our actions and offers positive practical ways of guiding children to handle both their feelings and emotions	For parents of children 3 years and over Limited crèche places available, please book in advance directly with The Venue 0208 386 9886	<p>Tuesday 26th January—23rd March (excluding 16th February)</p> <p>12.45pm-2.45pm</p> <p>Training Room The Venue Elstree Way Borehamwood</p>
Contact	BECC Children's Centre	0208 386 4038

STRESSBUSTING—WORKSHOP

Who is it for?	Child age range	Day, Date, Time and Place
Is it all too much? Take time out to share some of the pressures of being a parent and discover some new ways of coping	Limited crèche places available, please book in advance	<p>Tuesday 9th February 2010 9.30am-11.30am</p> <p>Training Room The Venue Elstree Way Borehamwood</p>
Contact	Judy Green Extended Schools Administrator	0208 238 7282

BRINGING UP CHILDREN—WHAT EVERY PARENT SHOULD KNOW

Who is it for?	Child age range	Day, Date, Time and Place
Group will look at understanding your child's needs, self esteem, setting limits, keeping safe inside and outside and keeping sane!	Parents of children 5-11years	Monday 18th , 25th Jan 1st, 8th, 22nd February and 1st March (not half term 15th Feb) 7pm-9pm Cowley Hill Primary School Winstre Road Borehamwood
Contact	Admin_dpteamcentral@hertscc.gov.uk	01438 843030

PARENTING SUPPORT SESSIONS

Who is it for?	Child age range	Day, Date, Time and Place
Come along and join other parents to discuss and support the development of your children. The group gives a chance for parents to meet and talk about how your child develops and learns	For parents with children from pre-school to Primary age Limited crèche places available, please book in advance	Monday 11th January—29th March (excluding 15th February) Borehamwood Room BECC
Contact	BECC Children's Centre	0208 386 4038

BUSHEY, ALDENHAM AND RADLETT

BEHAVIOURAL SUPPORT AND INFORMATION SUPPORT GROUP (INCLUDING ADHD, ASD AND AUTISM)

Who is it for?	Child age range	Day, Date, Time and Place
Visit out drop-in sessions and meet other supportive Parents. Speak with our qualified ADHD Behavioural Coach, access reading information and strategies.	For parents of children Pre-school— Primary who have concerns regarding their child's Behaviour	Monday 11th January, 8th February and 8th March 1.00pm-3.00pm St Johns Church Gills Hill Lane, Radlett WD7 8DF Please be aware there are no parking facilities at this site.
Contact		No need to book just drop-in

INTERNET/CYBER SAFETY - WORKSHOP

Who is it for?	Child age range	Day, Date, Time and Place
Are you concerned about the safety of your child on the internet or on their mobile phone? Tips to help keep your child safe	Primary Age	Monday 8th March 6.30pm-8.30pm Highwood primary School Bushey Mill Lane Bushey WD23 2AW
Contact	Nadine Cole Admin_dpteamcentral@hertscc.gov.uk	01438 843030

THE PARENTING PUZZLE—8 WEEK COURSE

Who is it for?	Child age range	Day, Date, Time and Place
The Parenting Puzzle is run over 8 weeks. It encourages parents and carers to enjoy bringing up their children and get the best out of family life. It helps parents to understand how emotions influence our actions and offers many positive practical ways of guiding children so they learn to handle both their feelings and emotions	For parents of children 3 years and over Limited crèche places available, please book in advance	Tuesday 2nd February—30th March (not 16th February) 1.00pm-3.00pm St James Church High Street Bushey WD23 1BD Please note that there are no parking facilities at this venue.
Contact	The booking number	0208 421 7140 0208 421 7113

BABY CLINIC

Who is it for?	Child age range	Day, Date, Time and Place
Support and advice on a wide range of family health issues	For parents/carers and their young children Led by Health Visitors Booking not required	Mondays 10.00am-12noon Hartspring Community Centre Hartspring Lane Watford, Herts WD23 2BJ
Contact	For details of other baby clinics in Hertsmere	http://www.hertsmere-children.co.uk/downloads/Baby_clinic_west_herts2.pdf

COMMUNICATING WITH TEENS - 3 WEEK COURSE

Who is it for?	Child age range	Day, Date, Time and Place
Do you find it difficult to communicate with your teenager? These three sessions looks at how to understand and communicate better with your teenager	12+	Monday 8th, 15th and 22nd March 2010 7pm-9pm Queens School Bushey
Contact	Nadine Cole Families in Focus	01438 843030 01442 219720

BOREHAMWOOD, SHENLEY AND ELSTREE

BABY CLINIC

Who is it for?	Child age range	Day, Date, Time and Place
Support and advice on a wide range of family health issues	For parents/carers and their young children Led by Health Visitors Booking not Required For details of other baby clinics in Hertsmere	Tuesdays 9.30am—12 noon and 1pm—2.30pm Community Room BECC http://www.hertsmere-children.co.uk/downloads/Baby_clinic_west_herts2.pdf
Contact	Elstree Way Clinic	0208 953 3321