

Parenting Programmes & Courses for Targeted Parents

Spring Term 2020
ST ALBANS DISTRICT

	Session, Date & Time	Venue
MON	Families Feeling Safe. 27/01/20 – 39/03/20 (not half term) 9.45am – 11.45am (Crèche available)	Quakers Hall, Harpenden
TUES	Welcome to the World 16/02/20 -31/03/20 6pm -8pm Early Talk 25/02/20 – 31/03/20 10am 11.30am	Sopwell Family Centre London Colney Family Centre
WED	Family Toolkit 04/03/20 – 25/03/20 9.45am -11.45am (crèche available)	Park St Village Hall Park Street
THU	Family Toolkit 12/03/20 – 02/04/20 6.00pm – 8.00pm	Sopwell Family Centre, St Albans
FRI	Mums Matter 31/01/20 – 27/03/20 (not half term) 9.45am – 11.45am (crèche available)	Fleetville Family Centre St Albans

Welcome to the World

For parents expecting a baby who are 22+ weeks into pregnancy. Prepare for life with a new baby. Meet other parents. Can come on their own or with a friend or partner

Families Feeling Safe

A 9 week course to enable parents and carers to recognise and build on their own strengths in managing and understanding their children's behaviour, communicating with others, expressing feelings and making safe choices.

Little Learners

For families with children (10-18 months) who need a little extra support to reach their developmental milestones.

Call for more information

Early Talk

A six week course to develop ideas to promote a child's communication and language. Run in partnership with the speech and language team

Mums Matter

A 8 weeks Course offering Perinatal support for mothers experiencing low mood. With children 0-2 .

Family Toolkit

For families with children aged 2 to 5 years old. A great course to learn some new ideas about how to manage children's behaviour and get the best out of family life.

Little Chefs

A 5 week course to support families with children 15mths – 2years to get their children off to a healthy start. Topics covered will include portion control, sugar/salt/fat contents, oral health, weight, physical activity and the importance of eating together.

DOMESTIC VIOLENCE

Please note we can support families with issues around domestic violence. Please speak to us for more information.

CRECHE

May be available to book for some sessions at £3 per child

FAMILIES MUST BE REGISTERED



Please follow the QR code to register a family.



01727 227 746 number for professionals only

For referrals: www.hertsfamilycentres.org/professionals-area



Hertfordshire
Family Centre
Service