

EALING PARENTING SERVICE AUTUMN '23 WORKSHOP SCHEDULE FOR AFTER OCTOBER HALF TERM

Tuesday, 7th November

10:30am-12:30pm via MS Teams

Understanding Your Teen

This workshop will look at emotional development through adolescence, to help better understand teenage behaviour and enable us to empathise with their experience. The workshop will also discuss mental health and the support available

This session is for parents/carers of young people aged 12-18 years

Tuesday, 14th November

10am-12pm via MS Teams

Impact of Domestic Abuse on Children & Young People

This workshop will help you to recognise domestic abuse in its various forms. You will develop an understanding of how to recognise the impact of it on children and young people and how it can also impact on your parenting. You will gain knowledge and awareness of the local support services available to you.

This session is aimed at all parents/carers

Tuesday, 21st November

10am-12pm via MS Teams

Helping Children Cope with Separation & Divorce

In this workshop, we will look at practical steps parents can take to ease the impact of their separation on their children, and help them feel safe and secure amid their parents' break up.

This session is aimed at all parents/carers

Tuesday, 5th December

10am-12pm via MS Teams

Tips on Reducing Parental Conflict

This session is for parents/carers who are experiencing conflict in daily life whether you are in a relationship or separated. We offer the opportunity to gain awareness on the impact of conflict, and to learn practical strategies to manage emotions

This session is aimed at all parents/carers

Please email parentingserviceadmin@ealing.gov.uk to book your place, giving your name/email/mobile no.