

EALING PARENTING SERVICE AUTUMN '23 WORKSHOP SCHEDULE

Tuesday, 5th September

10am-12pm via MS Teams

Playful Interactions

Explore your inner child as a way of connecting and communicating with children through playful interactions

This session is aimed at all parents/carers

Tuesday, 19th September

10am-12pm via MS Teams

TB Awareness

Information and awareness are key to preventing TB; this session is delivered by NHS professionals and will give details on how to stop TB

This session is aimed at all parents/carers

Tuesday, 26th September

10am-12pm via MS Teams

Building Healthier Relationships Part 1

Your family can enhance your life; this workshop looks at ways to improve communication and keep relationships healthy

This session is aimed at all parents/carers

Tuesday, 3rd October

10am-12pm via MS Teams

Building Healthier Relationships Part 2

Your family can enhance your life; this workshop looks at ways to improve communication and keep relationships healthy

This session is aimed at all parents/carers

Tuesday, 17th October

10am-12pm via MS Teams

Speech and Language

Learn strategies to improve communication with your child and gain helpful advice/tips on supporting your child's speech development and what to do if have concerns. You will also learn more about the role of speech and language therapy.

This session is aimed at all parents/carers

Tuesday, 7th November

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

Friday, 17th November

10am-12pm 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, 21st November

10am-12pm via MS Teams

Separation and Divorce

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

This session is aimed at all parents/carers

EMAIL PARENTSERVICEADMIN@EALING.GOV.UK TO BOOK YOUR PLACE