

EALING PARENTING SERVICE AUTUMN SCHEDULE

Parenting Programmes

Family Links – Talking Teens Additional Needs

For parents/carers of teenagers 12-18 years - COURSE FULL

5 weekly, two-hour sessions, with certificate on completion

This course is for parents of teenagers aged 12-18 years (or from 11 if they are attending high school). The course covers the role of parenting a teenager, responding to difficult feelings, understanding teenage development, giving praise and criticism, talking and listening, managing conflict and problem solving.

Dates: Tuesdays, 20th Sep - 15th Nov (excluding 25th Oct) **Time:** 6pm-8:15 pm

Venue: Committee Room 5, Ground Floor, Perceval House

Family Ties

For parents /carers of children & young people 3-11 years

8 weeks, two-hour weekly sessions

Aimed at families who wish to reduce the impact of family conflict, such as those going through divorce, or who are dealing with difficult family members.

Families as a unit, along with 6-8 other families, in multi-family therapy, to benefit from each other's experiences, along with a trained facilitator.

Children work together in a separate, creative space with fun activities

Dates: Thursdays, 17th Nov - 15th Dec and 5th - 26th Jan **Time:** 5:30 - 8:30pm

Venue: Grange Children's Centre, South Ealing

Strengthening Families, Strengthening Communities

For parents/carers of teenagers aged 3-18 years

13 weeks, three-hour weekly sessions, with a certificate

Introduces a range of strategies to help improve children's behaviour and build positive parent-child relationship. The programme explores the impact of family, culture and community influences and explores how to keep children and young people safe.

Dates: Thursdays 15th Sep-15th Dec (excluding 27th Oct) **Time:** 10am-1pm

Venue: Ealing Quaker Meeting House, Meeting Room

Strengthening Families, Strengthening Communities

For parents/carers of teenagers aged 3-18 years

13 weeks, three-hour weekly sessions, with a certificate

Introduces a range of strategies to help improve children's behaviour and build positive parent-child relationship. The programme explores the impact of family, culture and community influences and explores how to keep children and young people safe.

Dates: Wednesdays 14th Sep-14th Dec (excluding 26th Oct) **Time:** 6-9pm

Venue: Ealing Quaker Meeting House, Garden Room

Strengthening Families, Strengthening Communities

For parents/carers of teenagers aged 3-18 years

13 weeks, three-hour weekly sessions, with a certificate

Introduces a range of strategies to help improve children's behaviour and build positive parent-child relationship. The programme explores the impact of family, culture and community influences and explores how to keep children and young people safe.

Dates: Fridays 16th Sep-16th Dec (excluding 28th Oct) **Time:** 9am-12pm

Venue: Three Bridges Primary School

Webster Stratton Incredible Years

For parents/carers of children aged 4-11 years with additional needs ASD/ADHD

14 weeks, 2.5-hour weekly sessions - **COURSE FULL**

Learn to break negative parent-child interaction cycles and gain knowledge to effectively manage your child's behaviour as they grow, promoting their social and emotional development.

Dates: Mondays, 12th Sept - 19th Dec (excluding 24th Oct) **Time:** 10am-12:30pm

Venue: Greenford Community Centre, Greenford

Raising Confident Children with Additional Needs

For parents/carers of children with additional needs, with or without a diagnosis

8 weeks - **COURSE FULL**

Learn to break negative parent-child interaction cycles and gain knowledge to effectively manage your child's behaviour as they grow, promoting their social and emotional development.

Dates: week beginning 26th Sept - 21st Nov (excl. 24th Oct) **Time:** 6-8pm

Venue: Online via MS Teams

Non-Violent Resistance (NVR)

For parents/carers already working with SAFE

weekly sessions

NVR was developed by clinical psychologists specifically to target violent, destructive and controlling behaviour in children and young people. Parents often feel helpless in these situations, and this course allows you to develop strategies to respond in a more productive way, gain confidence in your parenting and achieve better outcomes

Dates: TBC **Time:** TBC

Venue: TBC

Family Links – Talking Teens in Hindi/Urdu/Punjabi

For parents/carers of teenagers 12-18 years

7 weekly sessions

This course is for parents of teenagers aged 12-18 years (or from 11 if they are attending high school). The course covers the role of parenting a teenager, responding to difficult feelings, understanding teenage development, giving praise and criticism, talking and listening, managing conflict and problem solving

Dates: November TBC **Time:** TBC

Venue: Villiers High School

Family Links Nurture Programme in Hindi/Urdu/Punjabi

For parents/carers of children under 5

11 weeks

Children are rewarding, stimulating, and fun, but looking after them can be stressful and challenging. This programme encourages strategies to help to deal with challenges so that you can have a calmer, happier life. You will gain new skills in listening and communicating with their children and developing an understanding of their behaviour

Dates: October TBC **Time:** TBC

Venue: Clifton Primary School

Family Links Nurturing Programme

For parents/carers of children under 5

11 weeks

Children are rewarding, stimulating, and fun, but looking after them can be stressful and challenging. This programme encourages strategies to help to deal with challenges so that you can have a calmer, happier life. You will gain new skills in listening and communicating with their children and developing an understanding of their behaviour

Dates: September (TBC) **Time:** TBC

Venue: Edward Betham CofE Primary School

Parenting Puzzle in Hindi/Urdu/Pujabi

For parents/carers of children under 5

5 weeks

Raising children can be puzzling at times, but puzzles have solutions—and the Parenting Puzzle provides them. This programme encourages parents/ carers of children under 5 years old to enjoy bringing up children and get the best out of family life. It offers positive, practical ways of guiding children, so they learn to handle both their feelings and their behaviour. The course is informal, fun, and a great confidence booster!

Dates: Tuesdays TBC **Time:** 10:30am-12:30pm

Venue: Southall Park Children's Centre

Parenting Puzzle - Islamic Values in Arabic (Targeted)

For parents/carers of children under 5

5 weeks

Raising children can be puzzling at times, but puzzles have solutions—and the Parenting Puzzle provides them. This programme encourages parents/ carers of children under 5 years old to enjoy bringing up children and get the best out of family life. It offers positive, practical ways of guiding children, so they learn to handle both their feelings and their behaviour. The course is informal, fun, and a great confidence booster!

Dates: Fridays 4th Nov-2nd Dec **Time:** 10:30am-12:30pm

Venue: Horsenden Children's Centre

Freedom Programme

For women who have experienced domestic violence

This programme examines the roles played by attitudes and beliefs on the actions of abusive men and the responses of victims and survivors. The aim is to help them to make sense of and understand what has happened to them, instead of the whole experience just feeling like a horrible mess. The Freedom Programme also describes in detail how children are affected by being exposed to this kind of abuse and very importantly how their lives are improved when the abuse is removed

Dates: Thursdays 15th Sep-8th Dec **Time:** 10:30-12:30pm

Venue: Blondin Park, Northfields

Family Links Islamic Values in English (Generic)

For parents/carers of children under 5

5 weeks

Islam lays great importance on family life and values both parents equally. Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging. The Nurturing Programme helps deal with those challenges so that you can have a calmer, happier life. It looks at the way we raise our children in accordance with Quran and Sunnah. The programme helps us to reflect on our Islamic beliefs and values.

Dates: Mondays 12th Sep-10th Oct **Time:** 10:30am-12:30pm

Venue: West London Islamic Centre, West Ealing

Playful Parenting in English

For parents/carers of children under 5

5 weeks

Play is children's way of exploring the world, communicating feelings, getting close to those they care about, working through stressful situations, and simply blowing off steam. That's why "playful parenting" is so important and so successful in building strong, close bonds between parents and children. Through play, we join our kids in their world and help them to master many skills and knowledge.

Dates: Mondays 12th Sep-10th Oct **Time:** 10:30am-12:30pm

Venue: Copley Close Children's Centre

Family Links - Additional Needs in Hindi/Urdu/Punjabi

For parents/carers of children aged 5-11 years

7 weekly sessions

The course covers the role of parenting a Primary aged child, responding to difficult feelings, understanding child development, giving praise and criticism, talking and listening, managing conflict and problem solving

Dates: Wednesdays 2nd Nov-14th Dec **Time:** 10am-12pm

Venue: Online via Zoom

Parenting Workshops

Developing Playful Interactions Parenting Workshop

For parents/carers of children of any age

Parents & carers have the chance to explore their inner child as a means of connecting and communicating through playful interactions

Dates: Thursday, 1st September

Time: 10am-12pm

Venue: Online via MS Teams

Understanding Your Teenager Parenting Workshop

For parents/carers of young people aged 12-18

Learn more about child and adolescent emotional development to enable parents/carers to better understand and empathise with their child. Gain further knowledge on emotional and mental health through adolescence

Dates: Friday, 16th September

Time: 10am-12pm

Venue: Online via MS Teams

Ealing Local Offer

For parents/carers of children of all ages with additional needs/disability

This workshop gives an overview of support available to parents & carers of children with additional needs/disabilities in Ealing, including a walkthrough of how to navigate the Ealing Offer website

Dates: Tuesday, 11th October

Time: 10am-12pm

Venue: Online via MS Teams

Introduction to Internet Safety Parenting Workshop

For parents/carers of children aged 13 & under

There are many positives and negatives to the internet; learn about ways to keep children safe online, how to create an open dialogue around internet use, and discuss strategies and resources to address computer safety in the home

Dates: Tuesday, 18th November

Time: 10am-12pm

Venue: Online via MS Teams