



# Hertfordshire Parenting and Relationship Support Offer Newsletter Spring Term 2025

For full details of each course and how to refer to providers please go to [www.hertfordshire.gov.uk/parentingsupport](http://www.hertfordshire.gov.uk/parentingsupport) or visit the providers links.

If you are a professional and you have any questions for Strategic Partnerships Commissioning (*previously Early Help Commissioning*), please email **[CSStrategic.Partnerships@hertfordshire.gov.uk](mailto:CSStrategic.Partnerships@hertfordshire.gov.uk)**

# Strengthening Families, Strengthening Communities

## Strengthening Families, Strengthening Communities 6-week online course


We are now taking referrals for the Spring Term the 6-week online course that is facilitated by Race Equality Foundation.


Parents must be referred or self-refer to us.


For more information and how to refer, following this link. [Strengthening Families Strengthening Communities parenting course | Hertfordshire County Council](#)

## Targeted Parenting Support Courses

Provider	Venue	Courses	Dates and Times
 <p>Courses can be booked on Eventbrite using the following link; <a href="#">ADD-vance Parent Courses   Eventbrite</a></p> <p>You can also email: <a href="mailto:herts@add-vance.org">herts@add-vance.org</a> or call on 01727 833963 for more information.</p> <p><b>Website:</b> <a href="#">ADD-vance</a></p>	Online	Understanding ADHD and Autism for Dads	06.01.2025 - 10.02.2025 7pm to 9 pm
	Online	Understanding ADHD and Autism in the Early Years	07.01.2025 - 11.02.2025 9:30am to 11:30 am
	Radlett	Understanding ADHD and Autism in the Primary Years	09.01.2025 - 13.02.2025 10am to 12pm
	Online	Understanding ADHD and Autism in Girls	09.01.2025 - 13.02.2025 7pm to 9pm
	Online	Understanding ADHD and Autism in the Primary Years	25.02.2025 - 01.04.2025 10am to 12 pm
	Online	Understanding ADHD and Autism in the Teen Years for Dads	26.02.2025 - 02.04.2025 7pm to 9 pm
	Online	Understanding ADHD and Autism for Dads	27.02.2025 - 03.04.2025 10 am to 12 pm
	Online	Understanding ADHD and Autism in the Teen Years	27.02.2025 - 03.04.2025 10am to 12pm
 <p>To view courses, you can click the name of the course. You can also email <a href="mailto:training@spaceherts.org.uk">training@spaceherts.org.uk</a> or call us on 01920452270 for more information</p> <p><b>Website:</b> <a href="#">SPACE Hertfordshire – (spaceherts.org.uk)</a></p>	Online	Talking SENSory- Signs, Signals and Solutions	27.01.2025 - 10.02.2025 7pm to 9pm
	Online	Talking SENSory- Signs, Signals and Solutions	12.03.2025 - 26.03.2024 10am to 12pm
	Online	First Steps	28.02.2025 - 28.03.2024 10am to 12pm
	Online	Navigating the SEND World Course	06.03.2025 - 27.03.2024 10am to 12pm

 <p>Courses can be booked by emailing <a href="mailto:bookings@familiesinfocus.co.uk">bookings@familiesinfocus.co.uk</a></p> <p>You can also call us on 01442 219720 for more information.</p> <p>Website: <a href="#">Families in Focus – Looking forward together</a></p>	Online	Handling anger of children with Autism and/or ADHD	06.01.2025 to 10.02.2025 09:30am to 11:30am
	Online	Handling anger of children with Autism and/or ADHD	06.01.2025 to 10.02.2025 12:30pm to 2pm
	Online	Handling anger of children with Autism and/or ADHD	06.01.2025 to 10.02.2025 6:30pm to 8:30pm
	Online	A complete guide to parenting children with Autism and ADHD	07.01.2025 – 11.03.2025 09:30am to 11:30am
	Online	A complete guide to parenting children with Autism and ADHD	07.01.2025 – 11.03.2025 6:30pm to 8:30pm
	Online	Handling anger in your family (parents of children with no SEND)	08.01.2025 – 12.02.2025 9:30am to 11:30am
	Online	Handling anger in your family (parents of children with no SEND)	08.01.2025 – 12.02.2025 7pm to 8:30pm

 <p>Courses can be booked by emailing <a href="mailto:enquiries@familiesfeelingsafe.co.uk">enquiries@familiesfeelingsafe.co.uk</a> or calling 07850 518216</p> <p>Website: <a href="#">Families Feeling Safe • Families Feeling Safe</a></p>	Online	Mums, Dads & Carers	28.01.2025 – 25.03.2025 9:30am – 11:30am
	Online	Mums, Dads & Carers	28.01.2025 – 25.03.2025 7pm – 9pm
	Online	Dads & Male Carers	30.01.2025 – 27.03.2025 7pm – 9pm
	Hertford	Mums, Dads & Carers	21.01.2025 – 18.03.2025 9:30am – 11:30am
	Broxbourne	Mums, Dads & Carers	24.01.2025 – 26.03.2025 9:30am – 11:30am

 <p>You can also email <a href="mailto:services@familylives.org.uk">services@familylives.org.uk</a> or call us on 0204 522 8700 or 0204 522 8701 for more information</p> <p>Website: <a href="#">Parenting and Family Support - Family Lives (Parentline Plus)   Family Lives</a></p>	Online	Less Shouting, More Cooperation	22.01.2025 – 05.03.2025 7pm to 9pm
	Online	Bringing Up Confident ADHD/ASD Children	03.02.2025- 17.03.2025 9:30am to 11:30am
	Online	Sorting Out Family Arguments	05.02.2025 – 19.03.2025 9:30am to 11:30am
	Online	Getting on with Your Pre-Teen/Teenager	27.02.2025 – 03.04.2025 9:30am to 11:30am
	Online	Dads Together	26.02.2025 – 02.04.2025 7pm to 9pm



Courses can be booked by emailing [booking@supportinglinks.co.uk](mailto:booking@supportinglinks.co.uk)

or call us on 07512 709556 or 01442 300185 or for more information

**Website:** [Supporting Links Home](#)

<p>Courses can be booked by emailing <a href="mailto:booking@supportinglinks.co.uk">booking@supportinglinks.co.uk</a></p> <p>or call us on 07512 709556 or 01442 300185 or for more information</p> <p><b>Website:</b> <a href="#">Supporting Links Home</a></p>	Online	Talking teens	07.01.2025 – 11.02.2025 7:45pm to 9:15pm
	Hemel Hempstead	Talking teens	26.02.2025 – 02.04.2025 7pm to 9pm
	Online	Talking anger in families	08.01.2025 – 12.02.2025 7:45pm to 9:30pm
	Online	Talking dads (0-19 years)	06.01.2025 – 10.02.2025 7:45pm to 9:15pm
	Online	Talking dads (0-11 years)	27.02.2025 – 03.04.2025 7:45pm to 9:15pm
	Online	Talking dads (12-19 years)	26.02.2025 – 02.03.2025 7:45pm to 9:15pm
	Online	Talking families	07.01.2025 -11.02.2025 9:45am to 11:15am
	Online	Talking families	07.01.2025 -11.02.2025 8pm to 9:30pm
	Online	Talking families	25.02.2025 – 01.04.2025 8pm to 9:30pm
	Online	Talking anxiety in teens	24.02.2025 – 31.03.2025 7:45pm to 9:30pm
	Online	Talking additional needs (12-19 years)	08.01.2025 – 12.02.2025 7:45pm to 9:15pm
	Online	Talking additional needs (2-19 years)	25.02.2025 – 01.04.2025 9:45am to 11:15am

## Relationship Support Courses




### How to register

[Complete a Family Lives referral form](#) if you're a parent of a child with SEND or a professional referring someone you know.

Alternatively, get in touch via:

Email: [services@familylives.org.uk](mailto:services@familylives.org.uk)  
Phone: **0204 522 8700** or 0204 522 8699

<h3>How to register</h3> <p><a href="#">Complete a Family Lives referral form</a> if you're a parent of a child with SEND or a professional referring someone you know.</p> <p>Alternatively, get in touch via:</p> <p>Email: <a href="mailto:services@familylives.org.uk">services@familylives.org.uk</a> Phone: <b>0204 522 8700</b> or 0204 522 8699</p>	Online	Parenting SEND Children Through Separation	24.02.2025 – 31.03.2025 9:30am to 11:30am
	Online	Parenting SEND Children Through Separation	25.02.2025 – 01.04.2025 9:30am – 11:30am

<b>Parenting When Separated</b>  Courses can be booked on the <a href="#">Relationship support for parents   Hertfordshire County Council</a>	Watford	Parenting When Separated	17.01.2025 – 28.02.2025 10am – 1pm
	Online	Parenting When Separated	28.01.2025 – 11.03.2025 6:30pm – 9pm
	Online	Parenting When Separated	29.01.2025 – 12.03.2025 10am – 12:30pm
  <b>How to register</b> You can get started with this digital course as soon as you <a href="#">register for a free OnePlusOne account</a>	Online	<b>Arguing Better</b>  <i>This course is for any parent ready to learn how to cope better with stress and deal with arguments in a healthy way</i>	Self-directed digital course
	Online	<b>Me, You and Baby Too</b>  <i>Learn how to navigate the changes that happen in a relationship when a baby arrives</i>	Self-directed digital course
	Online	<b>Getting It Right For Children</b>  <i>Learn how to develop positive communication skills that enable you to parent co-operatively and work out solutions together.</i>	Self-directed digital course

## Workshops & Webinars

### Autism and ADHD workshops for parents

We have commissioned **workshops**, between 1-2 hours, on a variety of different topics to support parents when an issue comes up, enabling them to 'dip in and out' for support when necessary.

Topics on offer include:

- Anxiety
- Girls with ADHD or Autism
- Transitions
- Siblings
- Understanding the SEN world
- Anger
- Sleep
- Puberty
- Executive functioning skills

*And more...*

We have also commissioned **webinars** to support parents on a variety of different topics with titles including:

- Understanding Autism
- Understanding ADHD
- Navigating SEND World
- Navigating SEND Post 16

### **NEW webinars coming in Spring 2025...**

- Mental Health & SEND
- Autism in the Early Years
- Understanding sensory needs
- Dads of neurodivergent children

These workshops and webinars are fully funded. Parents can self-refer and do not need a formal diagnosis of Autism/ADHD.

You can find all workshops and webinars through the [Local Offer](#)

### Universal Workshops

From Spring 2025, we will also have new universal workshops available with a catalogue of topics which include:

- It's a dad's life
- Empowered Parenting. Providing tools and strategies for real life situations
- All Feelings Matter (even the strong & uncomfortable ones)
- Communication
- How can my child learn to manage their feelings?
- What is going on in my teenager's head?
- Why does my child behave like that?
- How do I get my child to listen to me?

*And more...*

The universal workshops can be found on the Hertfordshire County Council [Parenting Directory](#)