

Dear Partners and Carers

Parenting Courses and Workshops

Family Lives are delivering the below free parenting workshops, funded by Herts County Council, in the Spring term for parents/carers who live in Hertfordshire.

All Family Lives programmes provide support, information and resources to parents/carers and adult family members so they can help their child reach their full potential as well as access to the wraparound support provided by our helpline, live chat and website

Empowering Parenting

Tuesday 11 March 9.30 am– 11.30am

A programme designed to equip parents/carers with the knowledge skills and confidence to effectively address the challenges of parenting, including managing challenging behaviours, setting boundaries and implementing consistent consequences. It also promotes the importance of parent self-care, providing strategies for managing stress and maintaining good mental health

Reducing Conflict

Tuesday 18 March 7pm – 9pm

This online workshop will help you to understand what causes conflict within our own families and being able to promote a cooperative and collaborative approach in resolving it

It's a Dads Life

Thursday 20 March 7pm – 9pm

This online workshop is for dads to help build strong attachments and relationships with their child. It aims to empower fathers with the knowledge and skills to develop deep connections with their children, enhancing their parenting journey.

Navigating the Storm – Teens

Tuesday 25 March 9.30am – 11.30am

A programme designed to support parents of pre-teens and teenagers facing challenging behaviours. It aims to equip parents with effective strategies and tools to manage the complexities of raising adolescents, fostering a positive parent-teen relationship

To book a place, please click here [Family Lives Workshops Referral Form](#).

Please visit [Parenting courses | Hertfordshire Directory](#) for further courses.