

Parenting Courses from September-December 2019

FAMILY LINKS PARENTING PROGRAMMES

This 10 session weekly course helps parents of children 2-12 years old by offering many positive, practical and fun ways of guiding children so they can manage their feelings and behaviour. Based on the four core principles of self-reflection, positive discipline, empathy and appropriate expectations, the course helps parents reflect on their own experience as a child and being parented and how this affects their parenting now. There is a focus on parents looking after themselves and understanding both their own and their child's emotional needs, building good communication and learning practical strategies to manage behaviour.

Family Links - 10 week course - Islamic Values		Information:
Date	23 rd September 2019- 9 th December 2019 Term Times only	10 x 2 hour weekly sessions With Islamic Values languages (Arabic and Somali) Plus Introductory session (coffee morning) Total 11 weeks This specialist programme is delivered to Muslim parents/carers. It relates the content to Islamic Values.
Time	12:30pm-2:30pm Day: Mondays	
Venue	Jubilee Children Centre	
Crèche facility	No Facilitators: Munaza Zaman and Javeira Zaman , Parenting U Programme Please make a referral to SAFE Parenting Services: Internal council services Refer via the MOSAIC database All other agencies including schools: Refer by calling ECIRS (Ealing Childrens Integrated Response Service) T. 0208 825 8000, clearly stating the parenting programme you are making the referral for. For more information about the programme please call the Parenting Service on 0208 825 5588	

Family Links - 10 week course - Additional Needs	Information:
--	--------------

Date	24 th September 2019 - 10 th December 2019 Term Times only		10 x 2 hour weekly sessions
Time	9 am - 11am Day : Tuesdays		
Venue	Gifford Primary School		
Crèche facility	No	<p>Facilitators: Munaza Zaman and Jade LittleJohn , Parenting U Programme</p> <p>Please make a referral to SAFE Parenting Services:</p> <p>Internal council services Refer via the MOSAIC database</p> <p>All other agencies including schools: Refer by calling ECIRS (Ealing Childrens Integrated Response Service) T. 0208 825 8000, clearly stating the parenting programme you are making the referral for.</p> <p>For more information about the programme please call the Parenting Service on 0208 825 5588</p>	<p>Plus Introductory session (coffee morning) Total 11 weeks</p> <p>This specialist programme is delivered to parents of children with Additional Needs ADHD , ASD (Austic Spectrum Disorders), Learning and Physical difficulties</p>

Family Links - Talking Teens Language based (Hindi Urdu Punjabi)			Information:
Date	23 rd September - 4 th November 2019 Term Times only		5 x 2 hour weekly sessions Plus Introductory session (coffee morning) Total 6 weeks
Time	9:15am - 11:15 am Day : Mondays		
Venue	Dormers Well Junior		
Crèche facility	No	<p>Facilitators: Munaza Zaman and Nasseren Malik, Parenting U Programme</p> <p>Please make a referral to SAFE Parenting Services:</p> <p>Internal council services Refer via the MOSAIC database</p> <p>All other agencies including schools: Refer by calling ECIRS (Ealing Childrens Integrated Response Service) T. 0208 825 8000, clearly stating the parenting programme you are making the referral for.</p> <p>For more information about the programme please call the Parenting Service on 0208 825 5588</p>	<p>A short programme for parents/carers to understand teenage behaviour and development. Parents and carers will be supported to: Improve communications Handle difficult issues Resolve conflicts Respond positively Put rules and</p>

			boundaries in place
--	--	--	---------------------

Family Links - Talking Teens generic			Information:
Date	12 th November 2019- 17 th December 2019		5 x 2 hour weekly sessions
Time	6pm -8pm Day: Tuesdays		
Venue	TBC		
Crèche facility	No	<p>Facilitators: Barbara Borghetto and Pauline Brown</p> <p>Please make a referral to SAFE Parenting Services:</p> <p>Internal council services Refer via the MOSAIC database</p> <p>All other agencies including schools: Refer by calling ECIRS (Ealing Childrens Integrated Response Service) T. 0208 825 8000, clearly stating the parenting programme you are making the referral for.</p> <p>For more information about the programme please call the Parenting Service on 0208 825 5588.</p>	<p>Plus Introductory session (coffee morning)</p> <p>Total 6 weeks</p> <p>A short programme for parents/carers to understand teenage behaviour and development. Parents and carers will be supported: To improve communications Handle difficult issues Resolve conflicts Respond positively Put rules and</p>

		boundaries in place
--	--	---------------------

STRENGTHENING FAMILIES, STRENGTHENING COMMUNITIES PARENTING PROGRAMMES

This is a 13 x 3 hour weekly programme for parents of children 3-19 years old. This course explores the way families communicate and the influence of wider culture and community have on your family. This course promotes positive relationships for you and your children, teaching effective discipline methods to give you confidence and skills to make home life more manageable.

Strengthening families, Strengthening Communities - Targeted		Information:
Date	18 th September - 18 th December 2019	SFSC targeted parenting programme is
Time	6pm-9pm Day: Wednesdays	
Venue	Perceval House-14/16 Uxbridge Road, Ealing W5 2HL	

Crèche facility?	No	<p>Facilitators: Barbara Borghetto and Jade LittleJohn</p> <p>Please make a referral to SAFE Parenting Services:</p> <p>Internal council services Refer via the MOSAIC database</p> <p>All other agencies including schools: Refer by calling ECIRS (Ealing Childrens Integrated Response Service) T. 0208 825 8000,</p>	<p>for parents of children age 3 to 19 with challenging behaviours. They don't need to have a diagnosis of ASD, ADHD or ODD but might present with one or more of the following treatments needs: Poor emotional management, rigid thinking, social skills and social communication</p>
		<p>clearly stating the parenting programme you are making the referral for.</p> <p>For more information about the programme please call the Parenting Service on 0208 825 5588</p>	<p>difficulties, impulsivity & sensory sensitivity.</p> <p>One of the main aims of this programme is for the family to have a violence free lifestyle.</p>

Strengthening families, Strengthening Communities - Generic		Information:
Date	16 th September-16 th December 2019	13 x 3hr weekly sessions Generic
Time	10am -1pm Day: Thursdays	
Venue	TBC	
Crèche facility?	No	<p>Facilitators: Rachel Smith and Jennifer John-Charles</p> <p>Please make a referral to SAFE Parenting Services:</p> <p>Internal council services Refer via the MOSAIC database</p> <p>All other agencies including schools: Refer by calling ECIRS (Ealing Childrens Integrated Response Service) T. 0208 825 8000, clearly stating the parenting programme you are making the referral for.</p> <p>For more information about the programme please call the Parenting Service on 0208 825 5588</p>

Strengthening families, Strengthening Communities - Generic		Information:
Date	16 th September - 16 th December 2019 Term term only	13 x 3hr weekly

Time	6pm-9pm Day : Mondays		sessions
Venue	TBC		
Crèche facility?	No	<p>Facilitators: Derek Willis and old Coggings</p> <p>Please make a referral to SAFE Parenting Services:</p> <p>Internal council services Refer via the MOSAIC database</p> <p>All other agencies including schools: Refer by calling ECIRS (Ealing Childrens Integrated Response Service) T. 0208 825 8000, clearly stating the parenting programme you are making the referral for.</p> <p>For more information about the programme please call the Parenting Service on 0208 825 5588.</p>	

WEBSTER STRATTON INCREDIBLE YEARS PARENTING PROGRAMMES FOR CHILDREN WITH ASD, LANGUAGE DELAYS, ADHD, ODD & CHALLENGING BEHAVIOURS.

This is a 14-16 x 2.5 hour weekly programme for parents of children 5-12 years old. The course aims to help parents to build positive and close relationships with their children, whilst at the same time teaching strategies to manage unacceptable behaviour. Topics include playing with your child, giving effective praise and rewards, promoting children's emotional regulation, social competence, language skills, relationships with others, setting clear and consistent limits and boundaries, choices and consequences and supporting your child's education.

Date	10 th September - 17 th December 2019	Information:
Time	10am -12.30 pm Day: Tuesdays	
Venue	TBC	

Crèche facility?	No	<p>Facilitators: Barbara Borghetto and Jade LittleJohn</p> <p>Please make a referral to SAFE Parenting Services:</p> <p>Internal council services Refer via the MOSAIC database</p> <p>All other agencies including schools: Refer by calling ECIRS (Ealing Childrens Integrated Response Service) T. 0208 825 8000, clearly stating the parenting programme you are making the referral for.</p> <p>For more information about the programme please call the Parenting Service on 0208 825 5588.</p>	14 x 2.5 hour weekly sessions.
-------------------------	----	---	--------------------------------

NON VIOLENT RESISTANCE (NVR) PARENTING PROGRAMME

This is a 12 X 2 hours weekly programme for parents of young people 5 -19 years old. The Non-Violent Resistance (NVR) Parenting Programme has been developed as an intervention for aggression and self-destructive behaviour in young people.

NVR addresses violent, destructive and harmful behaviours in children and adolescents and can help parents and carers overcome their sense of helplessness. It aims to develop and strengthen a support network that will reduce violent and destructive behaviours both in and out of the home and improve relationships between family members

NVR is designed to help parents change their approach and responses towards difficult, controlling and violent behaviours in their children. It encourages parents to make a stand against the violent behaviour of the young person without using physical or verbal aggression. It will often involve trying different ways of talking and involving other people close to the parents to support them.

NVR assists parents/ carers to:

- De-escalate, reduce anger and aggression in their interaction with the child.
- Stop giving in to demanding and controlling behaviour.
- Build a support network between home, school and the community.
- Raise their personal presence, determination and persistence by carefully planning and carrying out forms of action with the help of other adults.
- Take action aimed at promoting negotiation, reconciliation and restoration of fractured relationships.

Date	9th September - 2nd December 2019 term time only		Information: 12 X 2 hours weekly sessions
Time	10am- 12pm Day: Mondays		
Venue	TBC		
Crèche facility?	No	Facilitators: Rina Koradia, Patricia Chapman, Derek Willis, Linda St Louis and Yejide Olakitan NB The NVR Parenting Programme is only open to cases open / allocated within the SAFE Teams	

Less Shouting More Co-operation Parenting Course

For parents who regularly find themselves shouting in order to get their children to follow instructions. It stimulates ideas on how parents can develop tools to challenge children's behaviour effectively and to negotiate and hold boundaries.

Date	24th September -19th November 2019 term times only		Information: 8 X 2.5 hours weekly sessions
Time	10.00am- 12.30pm Day: Tuesdays		
Venue	Hanwell Children Centre		
Crèche facility?	No	Facilitators: Catherine Hanley Please make a referral to SAFE Parenting Services: Internal council services Refer via the MOSAIC database All other agencies including schools: Make a referral by calling ECIRS (Ealing Children Integrated Response Services 0208 8258000) clearly stating the parenting programme you are making the referral for. For more information about the programme please call the Parenting Service on 0208 825 5588.	

Freedom Programme

The Freedom programme is a rolling programme that women can join at anytime.
The max number of participants is 10-15. If numbers exceed then names will be put on the waiting list until a place becomes available

The Freedom Programme is a self-awareness and educational programme for women who want to learn more about domestic violence and abuse. The Programme:

- Demonstrates how the range of tactics used by an abusive partner can cause the nonabusive partner to remain in an abusive relationship
- Shows how domestic abuse affects children and explores the impact on the family as a whole
- Structures discussions to focus on aspects of not only abusive/controlling behaviour and the non-abusive behaviour also.

Course Details	Once a place is confirmed, dates, times and venue information will follow.		Information:
Crèche facility?	No	<p>Facilitators: Munaza and Sabrina</p> <p>Please make a referral to SAFE Parenting Services:</p> <p>Internal council agencies Refer via the MOSAIC database</p> <p>All other agencies including schools: Refer by calling ECIRS (Ealing Childrens Integrated Response Service) T. 0208 825 8000, clearly stating the parenting programme you are making the referral for.</p>	<p>12 X 2 hours weekly sessions</p> <p>This a rolling programme and women can join at any sessions following referral to the Parenting services</p>
		For more information about the programme please call the Parenting Service on 0208 825 5588	

Parent Gym

Parent Gym parenting programme suitable for parents of children aged 2-11. The sessions are highly interactive and participative.

Parent Gym programmes are facilitated by our Parent Gym Coaches. Some of these are volunteers from the community, others are in-house staff members based in schools or children's centres.

Date	19 th September -7 th November 2019	Information:
Time	09:30am-11.30am Day : Thursdays	

Venue	Hathaway Children Centre		6 x 2 hours weekly sessions
Crèche facility?	Yes	Referrals : Please contact the Hathaway Children Centre directly	

Empowering Parents, Empowering Communities (EPEC) Being a Parent Targeted for parents of children with neurodevelopmental needs age 2- 11

This 8-session parenting course is intended to support parents in understanding their children's feelings and behaviour and learn effective strategies to promote children's positive behaviour, development and communication skills. It is delivered by parents who are trained and certified, who will lead on topics such as child-led play; how to acknowledge and validate feelings; limit setting in the home; time-outs; praise and rewards. It's a chance to meet other parents, share strategies and learn from each other in a safe environment.

Date	November 2019 - Dates to be confirmed		Information: Initial coffee morning session as a taster. Following this, 8 x 2 hour sessions.
Time	Day Group - Dates & times to be confirmed		
Venue	To Be Confirmed		
Crèche facility?	No	Referrals: Parents can self-refer by contacting the CAMHS Services on: T. 0208 354 8160 T. 0208 354 8403	

Family Ties

'Family Ties' is a multi-family group approach, involving up to 6-8 families together. Multi-family Therapy is an evidence-based approach that has been found to help families move forward and find solutions across many types of problems. Families with similar difficulties come together, sharing problems and solutions. Families benefit from the experience and expertise of each other as well as from the therapists.

The group is dynamic; children and parents learn new ways of communicating and solving problems, through playful group activities rather than by sitting in a circle and talking. Some of the group is spent together as whole families and some of the time parents and children meet separately, in another room. The time for children uses creative exercises.

Who is it for?

Parental separation and divorce are stressful experiences for the whole family. Often children are unintentionally caught up in conflicts between their parents, especially when these extend over a long period of time or result in contact with a parent being stopped.

Family Ties is a multi-family group for families who want to reduce the impact of such disputes on children.

The group is for families who meet the following criteria:

- Parents are separated or divorced
- There is at least one child aged 5-11 years old
- They have been identified by a professional as needing support to reduce parental conflict because the child(ren) are adversely affected by conflict

Families cannot attend a group if:

- They are currently in legal proceedings
- The parents have only recently separated (i.e. less than 6 months ago)
- The child is not allowed unsupervised contact with either parent
- There is an ongoing investigation about abuse perpetrated by either parent towards a child in the family
- Either parent has a Restraining Order
- There is current domestic abuse
- There are concerns around current parental substance misuse

Date	12 th September 2019- 12 December 2019 term time only		<p>Information:</p> <p>Prior to attending the group, there will be two intake sessions with parents to help them think about how to talk with their child about attending and agreeing 'rules' for participation. A meeting with each parent can take place in advance of a joint meeting where required. Both parents must agree to attend the groups together.</p>
Time	5pm- 7pm		
Venue	TBC		
Crèche facility?	No	Facilitators: Barbara Borghetto , Chris Kolade plus two facilitators from the Anne Freud Centre	

	<p>Please make a referral to SAFE Parenting Services:</p> <p>Internal council agencies Refer via the MOSAIC database</p> <p>All other agencies including schools: Refer by calling ECIRS (Ealing Childrens Integrated Response Service) T. 0208 825 8000, clearly stating the parenting programme you are making the referral for.</p> <p>For more information about the programme please call the Parenting Service on 0208 825 5588</p>	<p>There will also be a 'network meeting' where parents bring member(s) of their network (e.g. family members, friends, professional; min 1, max 5 people), together with other families to hear more about the group and how to support it.</p> <p>Following initial meeting(s) families may be invited to attend the 'Family Ties' group, which consists of 8 evening sessions spread over the course of 3 months. Family members identify goals they would like to work towards at the beginning of the group and progress towards these goals is monitored. A brief report detailing families' attendance at sessions and self-rated progress towards goals is provided at the end of treatment.</p>
--	--	--

For further Details about any of these Parenting Programmes please contact:

The Family Information Service: T. 0208 825 5588

Barbara Borghetto , Parenting Practitioner , SAFE Parenting Service T. 07957 630447