



Kings Langley Secondary



Bedmond Primary



Bovingdon Primary Academy



Kings Langley Primary



Nash Mills Church of England Primary



Serratt Church of England Primary



St Pauls Chipperfield Church of England Primary

### Kings Langley Partnership of Schools

*Working Together to Prepare our Children for the Challenges of Tomorrow*



## Parenting Courses/Workshops January – April 2019

### Booking is essential

#### Autism Support – 1:1 Advice Sessions

**Date:** Monday 28<sup>th</sup> January 2019

**Time:** 9.30am – 10.00am, 10.05am – 10.35am, 10.40am – 11.10am and 11.15am – 11.45am

**What's it about?** Louise Howe, Specialist Teacher for Autism will be holding free 30 minute 1:1 advice for parents with children who have an Autistic Spectrum Disorder (ASD) Diagnosis or suspected ASD.

**Where:** Gade Community Room, Gade Schools Family Support, c/o Chaulden Junior School, HP1 2JU

#### Understanding & Managing Teenagers

**Date:** Wednesday 30<sup>th</sup> January 2019

**Time:** 7.00pm – 8.30pm

**What's it about?** This will provide an insight into the world of a teenager including understanding the developmental stages of a teenager, how to handle common teenage problems, how to boost confidence and self-esteem and improve the parent-teen relationship. We will provide some more detailed insight for parents into the changes that take place based on research from national experts and will provide an introduction to strategies parents can adopt to support their teenager.

**Where:** Kings Langley Secondary School, Love Lane, Kings Langley, WD4 9HN

#### Housing 1:1 Advice Sessions

**Dates:** Thursday 31<sup>st</sup> January 2019

**Time:** 9.30am – 9.55am, 10.00am – 10.25am, 10.30am – 10.55am, 11.00am – 11.25am

**What's it about?** Speak to a member of Dacorum Borough Council Housing Team for a free 25 minute appointment who will offer advice and guidance to any housing queries.

**Where:** Gade Community Room, Gade Schools Family Support, c/o Chaulden Junior School, HP1 2JU

#### Debt Management – 1:1 Advice Sessions

**Date:** Thursday 7<sup>th</sup> February 2019

**Time:** 9.30am – 10.00am, 10.05am – 10.35am, 10.40am – 11.10am and 11.15am – 11.45am

**What's it about?** CAP provides a free and comprehensive debt counselling service. They help local families overcome the difficulties of debt. As part of their service, they offer 1:1 advice, where you can speak confidentially to one of their fully qualified debt coaches to discuss the best options to get on top of your money worries.

**Where:** Gade Community Room, Gade Schools Family Support, c/o Chaulden Junior School, HP1 2JU

### **Drug & Alcohol Workshop**

**Date:** Tuesday 12<sup>th</sup> February 2019

**Time:** 6.30pm – 8.00pm

**What's it about?** This workshop will equip parents with the basic knowledge, skills and confidence to talk open and honestly to their children about drugs, alcohol and psychoactive substances (legal highs). Not all young people will drink alcohol or take drugs but the vast majority will come into contact with them during their school years. The workshop will give up-to-date information on alcohol, drugs and the law and will give advice on engaging children in positive conversations about the risks of substance misuse.

**Where:** Kings Langley Secondary School, Love Lane, Kings Langley, WD4 9HN

### **Family Craft Event**

**Date:** Tuesday 19<sup>th</sup> February 2019

**Time:** 10.00am – 12.30pm

**Where:** Chaulden Junior School, School Row, Hemel Hempstead, HP1 2JU

**What's it all about?** Activities aimed at families with children aged 3-12 (younger siblings are welcome).

### **Managing Anger**

**Date:** Thursday 28<sup>th</sup> February & Thursday 7<sup>th</sup> March 2019

**Time:** 7.00pm - 9.00pm

**What's it about?** Gives strategies to help our children identify and recognise their feelings of anger and to find ways of expressing them healthily and to respect feelings of others.

**Where:** Gade Community Room, Gade Schools Family Support, c/o Chaulden Junior School, HP1 2JU

### **Keeping Families Safe Online**

**Date:** Friday 8<sup>th</sup> March 2019

**Time:** 9.15am – 11.15am

**What's it all about?** This workshop will provide some tips and techniques to give parents the confidence to keep children safe when online. The workshop will cover your concerns and needs, keeping you updated with key issues including cyberbullying, social media trends, gaming, apps, setting parental controls and managing online risks. Parents will receive information on a range of useful resources that will help reduce online risks.

**Where:** Gade Community Room, Gade Schools Family Support, c/o Chaulden Junior School, HP1 2JU



### **Managing Exam Stress & Anxiety**

**Date:** Wednesday 13<sup>th</sup> March 2019

**Time:** 7.00pm – 8.30pm

**What's it about?** This workshop will provide tips and techniques in supporting children with anxiety as well as techniques to help develop resilience and confidence. We will explore anxiety, low self-esteem and signs to look out for and will provide simple coping strategies and skills for parents and their children.

**Where:** Kings Langley Secondary School, Love Lane, Kings Langley, WD4 9HN

### **Debt Management – 1:1 Advice Sessions**

**Date:** Thursday 21<sup>st</sup> March 2019

**Time:** 9.30am – 10.00am, 10.05am – 10.35am, 10.40am – 11.10am and 11.15am – 11.45am

**What's it about?** CAP provides a free and comprehensive debt counselling service. They help local families overcome the difficulties of debt. As part of their service, they offer 1:1 advice, where you can speak confidentially to one of their fully qualified debt coaches to discuss the best options to get on top of your money worries.

**Where:** Gade Community Room, Gade Schools Family Support, c/o Chaulden Junior School, HP1 2JU

### **Autism Support – 1:1 Advice Sessions**

**Date:** Tuesday 26<sup>th</sup> March 2019

**Time:** 9.30am – 10.00am, 10.05am – 10.35am, 10.40am – 11.10am and 11.15am – 11.45am

**What's it about?** Louise Howe, Specialist Teacher for Autism will be holding free 30 minute 1:1 advice for parents with children who have an Autistic Spectrum Disorder (ASD) Diagnosis or suspected ASD.

**Where:** Gade Community Room, Gade Schools Family Support, c/o Chaulden Junior School, HP1 2JU

### **Housing 1:1 Advice Sessions**

**Dates:** Thursday 28<sup>th</sup> March 2019

**Time:** 9.30am – 9.55am, 10.00am – 10.25am, 10.30am – 10.55am, 11.00am – 11.25am

**What's it about?** Speak to a member of Dacorum Council Housing Team for a free 25 minute appointment who will offer advice and guidance to any housing queries.

**Where:** Gade Community Room, Gade Schools Family Support, c/o Chaulden Junior School, HP1 2JU

**Please note - If you would like to book onto our courses or to find out more information please contact Emma Christie on 01442 278793 or email: [christiee.gadesfs@kls.herts.sch.uk](mailto:christiee.gadesfs@kls.herts.sch.uk)**

**There is a deadline for booking so please contact us as soon as possible to get a space!**

**Please be aware that if we don't get a minimum amount of people on the above courses unfortunately we will not be able to run them.**

***Gade Schools Family Support are now a Foodbank collector, if you would like to make a contribution donations would be gratefully received. Please bring any items into our office.***

