



Parenting Courses/Workshops September – December 2018

Booking is essential

Unless otherwise stated all of the workshops/courses will be held at:

The Gade Community Room, off of Chaulden Junior School, School Row, Hemel Hempstead, Herts, HP1 2JU

Autism Support – 1:1 Advice Sessions

Date: Wednesday 26th September 2018

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.

Debt Management – 1:1 Advice Sessions

Date: Thursday 27th September 2018

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 our service, we offer 1:1 advice, where you can speak confidentially to one of our fully qualified debt coaches to discuss the best options to get on top of your money worries.

Managing Anger

Date: Wednesday 10th October 2018

Time: 9.30am – 11.30am

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.

Housing Surgeries

Dates: Thursday 18th October 2018

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.

Mindfulness (HAFLS)

Dates: Thursday 8th, 15th, 22nd November & 6th, 13th December 2018

Time: 1.00pm – 3.00pm

What's it about? Mindfulness is a technique to help us all take a step back from life, slow down and to improve our brain's ability to cope with the stress and strains of daily life. Through this introduction, you will learn to use mindfulness in your daily activity to spot thinking and behaviour patterns and to work on being more of a reflective thinker instead of a reactive one. Join us to take some time out for yourself.

Debt Management – 1:1 Advice Sessions

Date: Thursday 15th November 2018

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 our service, we offer 1:1 advice, where you can speak confidentially to one of our fully qualified debt coaches to discuss the best options to get on top of your money worries.

Managing Anxiety and Developing Confidence & Self Esteem

Date: Wednesday 21st November 2018

Time: 7.00pm – 8.30pm

What's it about? This workshop will cover the following: understanding young people's anxiety. Anxiety, self-esteem and signs to look out for, the power of positive language and communication. Developing resilience and confidence through empathy and assertiveness and simple coping strategies and skills for you and your child.

Autism Support – 1:1 Advice Sessions

Date: Wednesday 5th December 2018

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.

Housing Surgeries

Dates: Thursday 13th December 2018

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.

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

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.