



Hertfordshire Parenting and Relationship Support Offer Newsletter

Summer Term 2025

For full details of each course and how to refer to providers please go to 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**

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; ADD-vance Parent Courses Eventbrite</p> <p>You can also email: herts@add-vance.org or call on 01727 833963 for more information.</p> <p>Website: ADD-vance</p>	Online	Understanding ADHD and Autism for Parents/Carers of Girls	22.04.2025 – 03.06.2025 10am – 12pm
	F2F	Understanding ADHD and Autism in the Primary Years	24.04.2025 – 05.06.2025 10am-12pm.
	Online	Understanding ADHD and Autism in the Teen Years	24.04.2025 – 05.06.2025 7pm – 9pm
	Online	Understanding ADHD and Autism in the Early Years	03.06.2025 – 08.07.2025 9:30am – 11:30am
	Online	Understanding ADHD and Autism in the Primary Years	04.06.2025 – 09.07.2025 7pm – 9pm

 <p>To view courses, you can click the name of the course. You can also email training@spaceherts.org.uk or call us on 01920452270 for more information</p> <p>Website: SPACE Hertfordshire – (spaceherts.org.uk)</p>	Online	Neurodiversity in Girls and Women (Autism and ADHD)	29.04.2025 – 20.05.2025 6:30pm – 8:30pm
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Courses can be booked by emailing enquiries@familiesfeelingsafe.co.uk or calling 07850 518216

Website: Families Feeling Safe • Families Feeling Safe

Online	Supporting Dads with Protective Behaviours	06.05.2025 – 01.07.2025 7pm – 9pm
Online	Supporting Families with Protective Behaviours	06.05.2025 – 01.07.2025 9:30am – 11:30am
Online	Supporting Families with Protective Behaviours	08.05.2025 – 03.07.2025 7pm – 9pm



You can also email services@familylives.org.uk or call us on 0204 522 8700 or 0204 522 8701 for more information

Website: [Parenting and Family Support - Family Lives \(Parentline Plus\) | Family Lives](http://Parenting and Family Support - Family Lives (Parentline Plus) | Family Lives)


Online	Bringing Up Confident SEN Children Autism/ADHD	15.05.2025 – 26.06.2025 9:30am – 11:30am
Online	Getting on with Your Pre Teen/Teenager	04.05.2025 – 09.07.2025 7pm – 9 pm
Online	Less Shouting, More Cooperation	06.06.2025 – 11.07.2025 9:30am – 11:30am
Online	Sorting Out Arguments in your Family	10.06.2025 – 15.07.2025 7pm – 9pm



Courses can be booked by emailing booking@supportinglinks.co.uk or call us on 07512 709556 or 01442 300185 or for more information

Website: Supporting Links Home

F2F	Talking Additional Needs	03.06.2025 – 08.07.2025 9:30am – 11:30am
Online	Talking Additional Needs	06.05.2025 – 17.06.2025 8pm – 9:30pm
Online	Talking Families	08.05.2025 – 18.06.2025 9:45am – 11:15am
Online	Talking Families	06.05.2025 – 17.06.2025 8pm – 9:30pm
Online	Talking Teens	07.05.2025 – 18.06.2025 7:45pm – 9:15pm
Online	Talking Teens	03.06.2025 – 08.07.2025 7:45pm – 9:15pm
Online	Talking Dads	04.06.2025 – 09.07.2025 7:45pm – 9:15pm

 <p>Courses can be booked by emailing bookings@familiesinfocus.co.uk</p> <p>You can also call us on 01442 219720 for more information.</p> <p>Website: Families in Focus – Looking forward together</p>	Online	Handling anger in your family	03.06.2025 – 08.07.2025 9:30am – 11:30am
	Online	Handling anger of children with Autism and ADHD	02.06.2025 – 07.07.2025 9:30am – 11:30am
	Online	Handling anger of children with Autism and ADHD	02.06.2025 – 07.07.2025 09:30am – 11:30am
	Online	Handling anger of children with Autism and ADHD	02.06.2025 – 07.07.2025 12:30pm – 2pm
	Online	Handling anger of children with Autism and ADHD	02.06.2025 – 07.07.2025 6:30pm – 8:30pm

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 Summer 2025...

- Understanding Teens
- Understanding Challenging (Distressed) Behaviours
- Demand Avoidance: Behaviour is Communication Dads of neurodivergent children

Universal Workshops

From Spring 2025, we 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](#)

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](#)

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
Phone: **0204 522 8700** or 0204 522 8699

Online

Co-parenting with Care programme for parents with children with SEN

04.06.2025 – 09.07.2025
9:30am to 11:30am

Online

Co-parenting with Care programme for parents with children with SEN

05.06.2025 – 10.07.2025
7pm to 9pm

Parenting When Separated

Exploring the emotional impact of separation on both yourself and your child/ren

How to register

[Complete a PWS referral form](#)

Face to Face

Parenting When Separated
The Otley Family Centre, Otley Way, WD19 7TB

06.06.2025 – 11.07.2025
10am – 1pm

Online

Parenting When Separated

03.06.2025 – 08.07.2025
10am – 12:30pm



How to register

You can get started with this digital course as soon as you [register for a free OnePlusOne account](#)

Online

Arguing Better

This course is for any parent ready to learn how to cope better with stress and deal with arguments in a healthy way

Self-directed digital course

Online

Me, You and Baby Too

Learn how to navigate the changes that happen in a relationship when a baby arrives

Self-directed digital course

Online

Getting It Right For Children

Learn how to develop positive communication skills that enable you to parent co-operatively and work out solutions together.

Self-directed digital course



Reduce disagreements, cope better with stress and improve your relationship and communication with your co-parent.

How to register

[Register for a free SFSC account.](#)

Online

Stronger Relationships course for co-parents living apart

Online

Stronger Relationships course for co-parents living together

Course dates are updated regularly and offer daytime and evening. Also offered in community languages. Please check [here](#)