

TALKING DADS

Dads play an important role in a child's life. This **FREE** course will help you be the Dad you want to be. Over 6 weekly sessions, fathers and male carers of children aged 0-19 will be supported to:



Dads,
Step-Dads,
Stay at
home Dads,
Working
Dads...

- Increase confidence in your parenting.
- Develop your dad/child relationship, now and for the future.
- Improve listening and communication skills.
- Develop strategies for dealing with anger and conflict.
- Learn how to enforce boundaries.

Thursdays 7.45-9.15pm

6th Jan – 10th Feb

Course 480

Wednesdays 7.45-9.15pm

23rd Feb – 30th Mar

Course 481

TALKING ADDITIONAL NEEDS

(previously Understanding Behaviour in your child with Additional Needs)



Diagnosis
not
essential

A free 6 week course for parents and carers of children aged 2-19 years with a recognised additional need. We will help you to:

- Understand your child's behaviour.
- Find strategies that really work.
- Understand conflict: why it happens and how to handle it.
- Manage anger effectively.
- Motivate, encourage and support your child.
- Manage different needs within your family.

Thursdays 8.00-9.30pm

6th Jan – 10th Feb

Course 473

Wednesdays 8.00-9.30pm

23rd Feb – 30th Mar

Course 474



Sessions will be run over Zoom so you will need access to a device such as a phone, tablet or computer with a webcam and microphone. We will help you get set up if you haven't used Zoom before. No special skills are needed.

Courses are open to parents and carers living in Hertfordshire

Pre-booking essential

**To check eligibility and book a place, please contact
Supporting Links on:**

07512 709556 or bookings@supportinglinks.co.uk

Quoting the Course ID

www.supportinglinks.co.uk

These courses are provided free to parents by
Hertfordshire County Council

