Hertfordshire Parenting and Relationship Support Offer Newsletter

Spring 2026

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**

Targeted Parenting Support Courses

Provider	Venue	Courses	Dates and Times
 Courses can be booked by emailing booking@supportinglinks.co.uk or call us on 07512 709556 or 01442 300185 or for more information **Website:** www.supportinglinks.co.uk	Online	Talking Additional Needs	03.02.2026 – 17.03.2026 9:45am – 11:15am
	Online	Talking Additional Needs	06.01.2026 – 10.02.2026 8pm – 9:30pm
	Online	Talking Families	05.02.2026 – 19.03.2026 9:45am – 11:45am
	Online	Talking Families	08.01.2026 – 12.02.2026 8pm -9:30pm
	Online	Talking Families	05.02.2026 – 19.03.2026 8pm – 9:30pm
	Online	Talking Anxiety in Families	04.02.2026 – 18.03.2026 9:45am – 11:30am
	St Albans	Talking Teens	04.02.2026 – 18.03.2026 7pm – 9pm
	Online	Talking Teens	05.02.2026 – 19.03.2026 7:45pm – 9:15pm
	Online	Talking Teens	05.01.2026 – 10.02.2026 7:45pm – 9:15pm
	Online	Talking Anger in Teens	06.01.2026 – 10.02.2026 7:45pm – 9:30pm
	Online	Talking Dads	07.01.2026 – 11.02.2026 7:45pm – 9:15pm
	Online	Talking Dads	02.02.2026- 16.03.2026 7:45pm – 9:15pm

Provider	Venue	Courses	Dates and Times
 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 **Website**: www.spaceherts.org.uk	Online	Talking SENsory, Signs Signals and Solutions	26.02.2026- 12.03.2026 10am – 12pm

Provider	Venue	Courses	Dates and Times
family lives Listening, supportive and non-judgemental You can also email services@familylives.org.uk or call us on 0204 522 8700 or 0204 522 8701 for more information Website: www.familylives.org.uk	Online	Less Shouting, More Cooperation	20.01.2026 – 03.03.2026 7pm – 9pm
	Online	Bringing Up Confident SEN Children	23.01.2026 – 06.03.2026 9:45am – 11:45am
	Online	Dads Together	04.02.2026 – 18.03.2026 7pm – 9pm
	Online	Less Shouting, More Cooperation	09.02.2026 – 23.03.2026 9:45am – 11:45am
	Online	Getting on with Your Pre-Teen/Teenager	10.02.2026 – 24.03.2026 7pm – 9pm

Provider	Venue	Courses	Dates and Times
Families Feeling Safe Courses can be booked by using the below link: https://forms.office.com/e/AhqfPJUW6T Website: familiesfeelingsafe.co.uk	Online	Supporting Families with Protective Behaviours	04.02.2026 – 25.03.2026 9:30am – 11:30am
	Online	Supporting Families with Protective Behaviours	04.02.2026 – 25.03.2026 7pm – 9pm
	Online	Supporting Dads with Protective Behaviours	05.02.2026 – 26.03.2026 7pm – 9pm
	Broxbourne	Protective Behaviours for Mums, Dads & Carers	22.01.2026 – 26.03.2026 9:30am – 11:30am

Provider	Venue	Courses	Dates and Times
Families In Focus CIC Enabling families to be stronger together Courses can be booked by emailing bookings@familiesinfocus.co.uk You can also call us on 01442 219720 for more information. Website: www.familiesinfocus.co.uk	Online	Handling Anger of Children with Autism & ADHD	23.02.2026 – 23.03.2026 9:30am – 11:30am
	Online	Handling Anger of Children with Autism & ADHD	23.02.2026 – 23.03.2026 12:30pm – 2:15pm
	Online	Handling Anger of Children with Autism & ADHD	23.02.2026 – 23.03.2026 6:30pm – 8:30pm

Provider	Venue	Courses	Dates and Times
 Courses can be booked on Eventbrite using the following link; https://www.eventbrite.co.uk/cc/add-vance-parent-courses-109149 You can also email: herts@add-vance.org or call on 01727 833963 for more information. **Website**: www.add-vance.org	Online	Understanding ADHD and Autism in the Early Years	07.01.2026 – 11.02.2026 9:30am – 11:30am
	Online	Understanding ADHD and Autism in the Teen Years	09.01.2026 – 13.02.2026 10am – 12pm
	Online	Understanding ADHD and Autism in the Primary Years	09.02.2026 – 23.03.2026 7pm – 9pm
	Watford	Understanding ADHD and Autism in the Primary Years	10.02.2026 – 24.03.2026 10am – 12pm
	Online	Understanding ADHD and Autism for Parents/Carers of Girls	10.02.2026 – 24.03.2026 10am – 12pm
	Online	Understanding ADHD and Autism for Dads	11.02.2026 – 25.03.2026 7pm – 9pm
	Online	Understanding ADHD and Autism in the Primary Years - British Sign Language Supported	05.01.2026 – 09.02.2026 7pm – 9pm

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.

Each online module (completed in the parent's own time) is followed by an hour's online group support discussion led by a trained and accredited REF facilitator. Each member of the team has attended extensive training, offers a friendly, non-judgmental, inclusive 'can do approach' to support parents and receives regular supervision. They also bring with them expertise in working with children, young people and adults, special needs education support, parental conflict and family law.

Parents must be referred or self-refer to Hertfordshire County Council.

For more information and how to refer, following this link www.hertfordshire.gov.uk/services/schools-and-education/childcare-and-advice-for-parents/parents-and-family-support/strengthening-families-parenting-course.aspx

Please note, face-to-face courses are currently on hold.

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
- Transitions
- Siblings
- Sleep
- Anger
- Understanding the SEN world
- Executive functioning skills
- Girls with ADHD or Autism
- Puberty

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
- Demand Avoidance
- Applying for an EHCP
- Working with school to support your child
- My Autism Experience
- Parenting your child with ADHD
- Understanding Challenging behaviour for parents
- Understanding neurodivergent teens

Universal Workshops

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 Hertfordshire SEND Local Offer

Rucksack

Early Years Autism Programme for Families

Early Years Service
Hertfordshire County Council

About: **This course is designed specifically for parents/carers of autistic children or children on the autism pathway.** It aims to provide you with the essential knowledge, practical strategies and valuable resources to support both you and your child in navigating everyday life.

Week 1: Understanding Autism
Week 2: Sensory
Week 3 : Communication
Week 4: Play and Social Interaction
Week 5: Emotional Wellbeing and Behaviour
Week 6: Using My Rucksack

To self-register an interest in the Spring 2026 course starting end of Jan 2026, scan the QR code or click the link and fill in the registration form:

https://forms.office.com/e/8BkjfzexnF?origin=lprLink

Relationship Support Courses

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<tr>
<td rowspan="2">To navigate unique challenges of parenting a child with a SEND and creating a cohesive co-parenting relationship

How to register
Complete a Family Lives referral form at www.hertfordshire.gov.uk/relationshipsupport

Email: services@familylives.org.uk
Phone: 0204 522 8700 or 0204 522 8699</td>
<td>Online</td>
<td>Co-parenting with Care programme for parents with children with SEN</td>
<td>04.02.2026– 18.03.2026
9:30am – 11:30am</td>
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<td>Online</td>
<td>Co-parenting with Care programme for parents with children with SEN</td>
<td>05.02.2026 – 19.03.2026
7:00pm – 9:00pm</td>
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<tr>
<td rowspan="3">How to register
You can get started with this digital course by registering for a free OnePlusOne account at www.hertfordshire.gov.uk/relationshipsupport</td>
<td>Online</td>
<td>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</td>
<td>Self-directed digital course</td>
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<td>Online</td>
<td>Me, You and Baby Too
Learn how to navigate the changes that happen in a relationship when a baby arrives</td>
<td>Self-directed digital course</td>
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<td>Online</td>
<td>Getting It Right For Children
Learn how to develop positive communication skills that enable you to parent co-operatively and work out solutions together.</td>
<td>Self-directed digital course</td>
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<td rowspan="2">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 at www.hertfordshire.gov.uk/relationshipsupport</td>
<td>Online</td>
<td>Stronger Relationships course for co-parents living apart</td>
<td rowspan="2">Course dates are updated regularly and offer daytime and evening. Also offered in community languages.</td>
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<td>Online</td>
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