



PARENTING WORKSHOPS

TUESDAY

14

MARCH

Taking to Children & Young People about Gender & Sexuality

This workshop will offer parents and carers the opportunity to better understand the differences between sex, gender and sexual orientation, offer tips on how to talk to young people who are exploring their own identity and discuss the importance of allies for the LGBTQIA+ community. There will also be a chance to have questions answered in a confidential space

TUESDAY

9

MAY

Transitioning to Secondary School

This workshop is targeted to parents/carers of Year 6 students, and aims to identify potential worries associated with starting at a new school. We will offer tips on how to talk to children about their concerns and expectations, and look at potential solutions and strategies for looking after their emotional wellbeing

TUESDAY

23

MAY

Helping Children Cope with Separation & Divorce

When a family breaks up, it is hard for everyone, but this is a reality many children face. In this workshop, we look at practical steps parents/carers can take to ease the impact of their separation on their children, and help them feel safe and secure amid their parents' break up

TUESDAY

13

JUNE

Reducing the Impact of Parental Conflict on Children - Part 1

Conflicts are regular occurrence in life, however, intense conflict between parents can have a negative impact on children. This workshop explores types of conflict, causes of conflicts in families, the impact on children and practical steps that parents could take to reduce conflict and the impact of conflict on their children

TUESDAY

22

JUNE

Reducing the Impact of Parental Conflict on Children - Part 2

The second part of this workshop gives parents/carers a chance to reflect of the knowledge they gained in part 1, and to discuss any of the techniques that they were able to put into practice. There is also the chance to have any outstanding questions answered

TUESDAY

4

JULY

Domestic Abuse and the Impact on Children and Young People

This workshop will support parents/cares to develop an understanding of how to recognise the impact/effects of domestic abuse on children & young people, and offers an insight into how domestic abuse can have an impact on parenting ability. We offer information on local support available, and the space ask questions in confidence

TUESDAY

11

JULY

Tips on Reducing Parental Conflict

This session is designed for parents/carers who are experiencing conflict in daily life, and is suitable for people who are still in a relationship, as well as those who are separated. We offer the opportunity to gain awareness on the impact of conflict on children & young people, and to learn practical strategies to manage emotions