

GROUPS TO SUPPORT YOU THROUGH FAMILY LIFE

One-off workshops

Stress-busting for parents

Is it all too much? Take time out to share some of the pressures of being a parent and discover new ways of coping.

Dealing with tantrums

Ideas and skills to help when you are caught in that whirlwind.

Can-do kids

How to help your children grow up feeling confident and build their self-esteem.

Starting school

Ideas to help when the big moment comes for your child to start school.

After-school blues

Do you look forward to seeing your children, yet find that after-school time isn't as you hope?

Understanding children's behaviour

Do you sometimes think your children do things just to wind you up? Find out what's really going on and what will help.

Transition

How to help your child with transferring to secondary school.

Preparing for teenagers

Get ready for life with a teenager – how you can ease the journey for both of you.

Surviving the summer holidays

Do you need a holiday by the time the children go back to school? Ideas for making the summer more enjoyable for everyone.

Christmas stress-busting

Ideas to take the stress out of Christmas.

New baby, new parent (for first-time parents)

3
sessions

Come along and share your feelings, needs and concerns as a new parent and find out how you can help your baby's development and enjoy your relationship with your baby.

Let's play

3
sessions

Children need to play - how parents can help and enjoy themselves too!

Understanding children's behaviour

7
sessions

Find out how to make being a parent less stressful and more enjoyable. Share experiences with other parents and discover new ways of helping your child make the most of life.

Bringing up confident children

5
sessions

How to feel more confident as a parent and help children feel good about themselves.

Less shouting, more cooperation

5
sessions

Do you spend your life nagging? Ideas on how you and your child can get what you need without falling out.

Helping children learn

6
sessions

Learning isn't just something children do at school. Find out how you can help your child develop the skills and confidence for learning and support them through their education.

Keeping ahead of the game

4
sessions

Do you find you are always one step behind your kids? This group is for you whatever age your children are, and will help you respond to their needs at different stages of their lives.

How to tackle those difficult questions about sex

3
sessions

Do you feel embarrassed or unsure about how to talk to your child about sex and sexuality? This group will help you communicate with your child about how to have a happy, healthy sex life when the time comes.

Tackling bullying (including cyberbullying)

4
sessions

Is your child being bullied or bullying others? How you can help your child put a stop to bullying – and deal with your own feelings too.

Dealing with anger

6
sessions

Does your home sometimes seem more like a battlefield? This group will help you learn how to deal positively with anger.

Sorting out arguments in the family

7
sessions

Do you need a referee in your house? How everyone in the family can learn to live together more peacefully.

Living with teenagers

7
sessions

The teenage years can be challenging for the whole family. Share experiences with other parents of teenagers and discover new ways of communicating and building a positive relationship with your teenager.

Coping with teenage issues

4
sessions

Being the parent of a teenager can be a challenging and confusing time. Here is a chance to develop your skills to deal with issues such as smoking, alcohol, drug-taking, eating and sex.

Talking about drugs or alcohol

2
sessions

Do you worry about your child taking drugs or alcohol? This group will help you learn how to talk to your child about drugs and alcohol and help them stay safe.

Supporting children through separation and change

3
sessions

How to look after yourself and your children through experiences of change such as parental separation, moving house etc.

Bringing up children on your own

3
sessions

How to look after yourself and get the support you and your children need when bringing them up on your own.

Supporting children through loss

3
sessions

How to look after your children and yourself through experiences of loss such as bereavement.

All our workshops and groups can be tailored to parents needs.

Parent support groups

A flexible and informal workshop where parents identify their own needs and Parentline Plus can adapt a group to match those needs.

Follow-up workshops

We can offer a follow-up workshop to any of our groups offering parents the opportunity to refresh and reflect upon their new parenting skills.