Free courses for parents & carers

16th - 27th November 2026

Gain practical **tips and techniques** you can use straight away.

Be around others that 'get it' in our **supportive and friendly** sessions.

These courses all take place online

Monday	Tuesday	Wednesday	Thursday	Friday
16th November	17th November	18th November	19th November	20th November
How to Communicate and Connect with Your Teen 7pm - 9pm	Communicating with Children Aged 5-11 7pm - 9pm	Managing Big Emotions 7pm - 9pm	Zones of Regulation 7pm - 9pm	
23rd November	24th November	25th November	26th November	27th November
				Setting Boundaries 9:30 - 11:30am