

# Parenting course dates - 2019

# Ashford Parenting

4th Edition

## Cygnet

Tuesday 22th January 2019 - Tuesday 12th March 2019 (excluding 19th February 2019)

12.45 – 2.45pm

At the Willow Children's Centre

**\*No crèche available\***

## Understanding Yourself, Understanding Your Child

### Daytime

Friday 25th January 2019 - Friday 29th March 2019 (excluding 22nd February 2019 )

9.30 am - 11.30am

At Waterside Children's Centre

**Crèche Settling Session: Friday 18th January 2019 - 9.30 am – 10.30 am (Limited creche)**

### Evening

Tuesday 29th January 2019 - Tuesday 2nd April 2019 (excluding 19th February 2019)

6.00pm - 8.00pm

At The Willow Children's Centre

**\*No crèche available\***

## Understanding Yourself, Understanding Your Teen (13yrs+)

Tuesday 29th January 2019 - Meet and Greet 9.30 - 10.30am

Tuesday 2nd April 2019 (excluding 19th February 2019)

9.30am – 11.30am

At The Ashford North Youth Hub

**\*No crèche available\***

## Family Now

Starting Wednesday 23rd January, 12.30-2.30pm for 9 weeks excluding February half term

Course venue to be confirmed on acceptance

**\*Please contact Rising Sun directly for this course– details inside this leaflet\***

## Solihull

No courses planned currently



We are able to offer a range of parenting support including:

◆ **Weekly parenting drop in**  
(No referral form required)

◆ **Parenting courses**  
(Referral form needs to be completed for courses)

For further information about parenting support, please call  
**03000 413988** or email **ashfordearlyhelp@kent.gov.uk**

### Contact Details

Bluebells Children's Centre, School Road, Hothfield, TN26 1HA : 03000 418300

Little Explorers Children's Centre, Recreation Ground Road, Tenterden, TN30 6RA : 03000 418400

Ray Allen Children's Centre, Stanhope Road, Stanhope, TN23 5RN : 03000 418500

Sure Steps Children's Centre, Belmont Road, Kennington, TN24 9LS : 03000 418600

Waterside Children's Centre, Turner Close, Willesborough, TN24 0PQ: 03000 418700

The Willow Children's Centre, Halstow Way, Off Brookfield Road, TN23 4EY : 03000 418800

Ashford North Youth Hub, Mabledon Avenue, TN24 8BJ : 03000 417567



us on Facebook at Ashford Children's Centres and  
Ashford North Youth Centre





## Understanding Yourself, Understanding Your Child

KCC's 'Understanding Yourself, Understanding Your Child' Programme is suitable for any parent or carer with children 0-19 years (up to 25 years for a young person with an additional need) and the weekly 2 hour sessions are delivered over 9 weeks. This course has been approved to offer the LASER learning awards quality mark.

This course will cover the following:

**Your journey and enjoying your child**  
**Understanding your child's world**  
**Communicating with your child**  
**Planning ahead and trouble shooting**

**Being a parent**  
**Understanding your child's behaviour**  
**Listening to and understanding your child**  
**Family rules and negotiation**

**Eligibility: Already open to Early Help or Specialist Children's Services**



## Understanding Yourself, Understanding Your Teenager 13+

KCC's 'Understanding Yourself, Understanding Your Child' Programme has been adapted to look at teenage behaviours and our relationship with them. The course is for any parent or carer with children aged 13+ (up to 25 years for a young person with an additional need) and the weekly 2 hour sessions are delivered over 9 weeks. This course has been approved to offer the LASER learning awards quality mark.

This course will cover the following:

**Your journey and enjoying your teenager**  
**Understanding your teenager's world**  
**Communicating with your teenager**  
**Planning ahead and trouble shooting**

**Being a parent**  
**Understanding teenager behaviour**  
**Listening to your teenager**  
**Family rules and negotiation**

**Eligibility: Already open to Early Help or Specialist Children's Services**



## Cygnnet Programme

The Cygnnet Programme is a parenting programme for parents and carers of children and young people aged 7 to 18 years with a diagnosed Autistic Spectrum condition.

Early Help and Preventative Services run this course in partnership with the Specialist Teaching and Learning Service and Speech and Language Therapy Service.

The programme is delivered over 7 x 2 hours sessions which works towards providing a greater understanding of behaviour and how to manage this. The programme will cover:

**Autism and diagnosis**  
**Sensory Issues**  
**Managing behaviour**

**Communication**  
**Understanding behaviour**  
**Siblings**

**Eligibility: Child must have an ASD diagnosis**



## Parenting Support Drop-in and \*New\* phone in

Every week on Thursday 6.00pm - 8.00pm

At Ashford North Youth Hub, Mabledon Avenue, TN24 8BJ

This **weekly** Parenting Drop in is aimed at all carers with children aged 0-25 years including children with additional needs.

If you have any concerns about your child/children's behaviour or have found yourself in a challenging situation, please come along for advice, guidance and support.

**\*No appointment or referral form necessary\***

\*Alternatively you can call us 03000 417567 between 6-8pm every Thursday to seek advice and support.\*



## Family Matters Course

For women who have experienced domestic abuse

Family Now is a nine-week group programme for women who are parents who have experienced an abusive relationship. The Aims of the programme are:

- ✦ To explore the effects of domestic abuse on ourselves, our children, parenting and family life
- ✦ To increase emotional understanding of our children's behaviours.
- ✦ To promote healthy non-violent relationships.
- ✦ To gain increased self-confidence as a parent.

For further details please contact: [admin@risingsunkent.com](mailto:admin@risingsunkent.com) Tel: 01227 452852

**Please do not complete the enclosed Parenting referral form for this course contact Rising Sun directly**

## Rainbow Parenting Group

This group is held at The Rainbow Centre aimed at carers who look after a child with a disability and are struggling with challenging behaviour. The group offers carers the chance to share their experiences, discuss strategies and seek support in a safe environment.

**For more information / future dates please call Sue Pitman or Chris Jacobs DCS on 03000 420886**

**Please complete the enclosed referral form for the three courses on the left on this leaflet. If this referral form is missing, please speak to a member of our team.**