

## HAVERING PARENTING COURSE 2-5 years

**Strengthening Families Strengthening Communities** is a culturally sensitive parenting programme for parents of 0-18 year olds. This programme incorporates 5 main components: positive parenting, enhancing relationships, community engagement and child development taking into account cultural/spiritual beliefs.

This course also covers issues affecting parenting such as domestic abuse, alcohol, drugs, mental health, gangs, challenging behaviour.

If you are interested, please contact the parenting team on 01708 432636 or email [parenting@havering.gov.uk](mailto:parenting@havering.gov.uk)

**The Havering Empowering Parents Empowering Communities (EPEC)** Hub offers accredited courses for parents and carers. Designed by the NHS Centre for Parents and Children, the hub offers high-quality content; which is supervised by the local EPEC Hub Co-ordinator and quality assured by a National EPEC Consultant.

Unlike other parenting courses, the EPEC Hub trains local parents to deliver the courses themselves creating a peer-to-peer environment. The courses currently delivered by the EPEC Hub include:

- Parent Group Leader Training
- Living with Teenagers (for parents of young people aged 11-16 years)
- Being a Parent course (for parents of children aged 2-11 years).

For more information go to this [link](#)

**Parent surgery** is an hourly one to one session with parents and carers focussing on behaviour management techniques for children aged 0-18.

This can be a one off session or a series of sessions depending on your individual needs.

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### **Parenting Drop-in**

6 week rolling programme covering the following topics:

- Positive Role Models/Quality Time
- Communication/Active Listening
- Praise
- Identifying and Prioritising Problematic Behaviours
- De-Escalation
- Self-Care

**Tuesdays** Virtually via Teams 6.00-7.30pm

[Click here to join the meeting](#)

**Or call in (audio only)**

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Phone Conference ID: 877 524 119#