

Together for Families Parenting

Parenting Workshops

April - August 2024



Solihull – Understanding your Child

- Early Years (ages 1-3)
- Primary Years (ages 4-8)
- Transition Years (ages 9-11)

Workshop Description

Delivered over 10 weeks, each weekly session is 2-hours.

This is an evidence-based workshop that covers topics such as:

- How your child develops
- Understanding how your child is feeling
- Tuning into what your child needs
- Responding to how your child is feeling
- Different styles of parenting
- Having fun together
- The rhythm of interaction
- Why is sleep important?
- Self-regulation and anger
- Communication and tuning in
- Looking back and looking forwards

Workshop Dates

| Countywide – VIRTUAL | | |
|----------------------|---------------------------|--|
| Ages 1-3 | Mondays 18:00-20:00 | 22.04.24-08.07.24 Virtual MS Teams |
| Ages 1-3 | Wednesdays 09:30-11:30 | 05.06.24-07.08.24 Virtual MS Teams |
| Ages 4-8 | Tuesdays 12:30-14:30 | 23.04.24 – 25.06.24 Virtual MS Teams |
| Ages 4-8 | Mondays 18:00-20:00 | 03.06.24-05.08.24 Virtual MS Teams |
| Ages 9-11 | Thursdays 12:30-14:30 | 02.05.24-11.07.24 Virtual MS Teams |
| Ages 9-11 | Wednesdays 18:00-20:00 | 08.05.24-17.07.24 Virtual MS Teams |
| East | | |
| Ages 4-8 | Mondays 09:30-11:30 | 13.05.24-22.07.24 Wadebridge Family Hub |
| Ages 9-11 | Tuesdays 12:30-14:30 | 30.04.24-09.07.24 Launceston Family Hub |
| Mid | | |
| Ages 1-3 | Tuesdays 12:30-14:30 | 04.06.24-06.08.24 St Austell Family Hub |
| Ages 4-8 | Thursdays 12:30-14:30 | 02.05.24-11.07.24 Newquay Family Hub |
| Ages 9-11 | Fridays 09:30-11:30 | 10.05.24-12.07.24 The Park Family Hub |
| West | | |
| Ages 1-3 | Thursdays 09:30-11:30 | 02.05.24-11.07.24 Gooseberry Bush Nursery |
| Ages 4-8 | Wednesdays 09:30-11:30 | 15.05.24-24.07.24 Helston Family Hub |
| Ages 9-11 | Mondays 12:30-14:30 | 13.05.24-22.07.24 Penzance Family Hub |





Parents Plus Adolescent Programme

Workshop Description

Delivered over 9 weeks, each weekly session is 2-hours.

This is an evidence-based workshop that covers topics such as:

- Understanding teenagers
- Pressing the pause button
- Getting to know your teenager
- Establishing rules with teenagers
- Connecting with your teenager
- Communicating rules positively
- The power of encouragement
- Using consequences
- Active listening
- Creating a discipline plan
- Empowering teenagers
- Dealing with conflict and aggression
- Problem solving with teenagers
- Establishing routines
- Family problem solving
- Parent self-care

Workshop Dates

| Countywide - VIRTUAL | | |
|----------------------|---------------------------|--|
| Ages 12-18 | Wednesdays 18:00-20:00 | 01.05.24-26.06.24 Virtual MS Teams |
| Ages 12-18 | Mondays 09:30-11:30 | 03.06.24-29.07.24 Virtual MS Teams |
| East | | |
| Ages 12-18 | Thursdays 09:30-11:30 | 02.05.24-04.07.24 Saltash Family Hub |
| Ages 12-18 | Mondays 12:30-14:30 | 13.05.24-15.07.24 Wadebridge Family Hub |
| Mid | | |
| Ages 12-18 | Fridays 12:30-14:30 | 19.04.24-21.06.24 The Park Family Hub |
| Ages 12-18 | Mondays 12:30-14:30 | 13.05.24-15.07.24 Newquay Family Hub |
| West | | |
| Ages 12-18 | Tuesdays 12:30-14:30 | 28.05.24-23.07.24 Penzance Family Hub |
| Ages 12-18 | Wednesdays 12:30-14:30 | 05.06.24-31.07.24 Helston Family Hub |





Supporting Healthy Relationships

Me You and Baby Too (MYBT) Workshop Description

Delivered over 3 weeks, each weekly session is 2-hours.

A course for all new or expectant parents/carers:

- What your baby picks up on
- How to support each other
- How arguments start, and how to manage them constructively

Arguing Better (AB) Workshop Description

Delivered over 3 weeks, each weekly session is 2-hours.

A course for all parents/carers with a child of any age:

- How to support each other
- How arguments start, and how to manage them constructively
- Impact on children

Getting it Right for Children (GIRFC)

Workshop Description

Delivered over 3 weeks, each weekly session is 2-hours.

A course for separating or separated parents/carers:

- How to stay calm and listen
- Seeing things differently
- Finding solutions and making compromises

MYBT Workshop Dates

| Countywide – VIRTUAL | | |
|---------------------------|---------------------------|---------------------------------------|
| Ages pre-birth – 12months | Wednesdays 09:30-11:30 | 17.04.24-01.05.24 Virtual MS Teams |
| Ages pre-birth – 12months | Thursdays 18:00-20:00 | 04.07.24-18.07.24 Virtual MS Teams |

AB Workshop Dates

| Countywide – VIRTUAL | | |
|----------------------|--------------------------|---------------------------------------|
| Ages 1-19 | Thursdays 18:00-20:00 | 02.05.24-16.05.24 Virtual MS Teams |
| Ages 1-19 | Tuesdays 12:30-14:30 | 02.07.24-16.07.24 Virtual MS Teams |

GIRFC Workshop Dates

| Countywide – VIRTUAL | | |
|----------------------|--------------------------|---------------------------------------|
| Ages 0-19 | Fridays 09:30-11:30 | 19.04.24-03.05.24 Virtual MS Teams |
| Ages 0-19 | Thursdays 18:00-20:00 | 06.06.24-20.06.24 Virtual MS Teams |



How to access

Parents/carers or professionals can access the parenting offer by visiting www.cornwall.gov.uk/parenting.

Parents/carers or professionals will be able to self-book onto workshop using the parenting booking portal, which can be found at the above website. If a family requires targeted or specialist support, an Early Help Request for help should be made via the [Early Help Hub](#).

If parents/carers or professionals would like support booking themselves or a parent/carer onto a workshop, they should contact the Early Help Parenting Team using the contact details below. An advice line will be available Monday – Friday, 9am - 5pm to support queries.



Parenting children aged 0 to 11

SELECT A SERVICE

| | |
|--|--|
| <p>Virtual - Understanding your child (ages 1 to 3) <input type="radio"/></p> <p>This is a Virtual course delivered on Micros... Read more</p> <p>2 hours </p> | <p>Understanding your child (ages 1 - 3) Bodmin Family Hub <input type="radio"/></p> <p>This is a Face-to-Face course delivered over... Read more</p> <p>2 hours</p> |
| <p>Understanding your child (ages 1 - 3) Troon Family Hub <input type="radio"/></p> <p>This is a Face to Face course delivered over... Read more</p> | <p>Understanding your child (ages 1 to 3) The Park Family Hub <input type="radio"/></p> <p>This is a Face to Face course delivered over... Read more</p> |



Parenting Young People aged 12 - 18

SELECT A SERVICE

| | |
|--|--|
| <p>Take 3 - Virtual <input type="radio"/></p> <p>This is a 10-week series delivered virtually... Read more</p> <p>Free • 2 hours </p> | <p>Take 3 - Bodmin Family Hub <input type="radio"/></p> <p>This is a Face-to-Face course delivered over... Read more</p> <p>Free • 2 hours</p> |
| <p>Take 3 - Callington Family Hub <input type="radio"/></p> <p>This is a Face-to-Face course delivered over... Read more</p> <p>Free • 2 hours</p> | <p>Take 3 - Hayle Family Hub <input type="radio"/></p> <p>This is a Face-to-Face course delivered over... Read more</p> <p>Free • 2 hours</p> |



Supporting Healthy Relationships Workshops

SELECT A SERVICE

| | |
|--|--|
| <p>Me, You and Baby Too - Virtual - (30 Jan, 6 and 13Feb) <input type="radio"/></p> <p>This is a virtual series of 3 sessions running... Read more</p> <p>2 hours </p> | <p>Me, You and Baby Too - St Austell Family Hub (20, 27 Feb and 5... <input type="radio"/></p> <p>This is a Face-to-Face series of 3 sessions ru... Read more</p> <p>2 hours</p> |
| <p>Me, You and Baby Too - Penzance Family Hub (12, 19, and 26... <input type="radio"/></p> <p>This is a Face-to-Face series of 3 sessions ru... Read more</p> <p>2 hours</p> | <p>Arguing Better - Virtual - (30 Jan, 6 and 13Feb) <input type="radio"/></p> <p>This is a virtual series of 3 sessions running... Read more</p> <p>2 hours </p> |

ADD YOUR DETAILS

| | |
|--|--|
| <p>First and last name *</p> <input type="text" value="First and last name"/> <p>Email *</p> <input type="text" value="Email"/> <p>Address *</p> <input type="text" value="Address"/> <p>Phone number *</p> <input type="text" value="Add your phone number"/> | <p>Notes</p> <input type="text" value="Add any special requests"/> |
|--|--|

Contact us
 Email: parenting@cornwall.gov.uk
 Call: **01872 324323**

If you would like this information in another format please contact:

Cornwall Council, County Hall, Treyew Road, Truro TR1 3AY
 Email: equality@cornwall.gov.uk Telephone: **0300 1234 100**

