

# Parent Groups in Westminster April - July 2021

*Live groups delivered via the Microsoft Teams platform*

**Circle of Security:** Starting Tuesday 27<sup>th</sup> April 10am-12pm (online).

A 10 week **attachment based parenting group** ideally suited to parents with children under 7 years.

To book click [here](#)

**Triple P (0-12):** Starting Tuesday 27<sup>th</sup> April 1-2.45pm (online).

A 10 week **positive parenting programme** ideally suited to parents with children under 11yrs. The programme provides practical parenting tips and strategies.

To book click [here](#)

**Non-violent Resistance (NVR):** Starting Thursday 29<sup>th</sup> April 6-8pm (online).

A 12 week group for parents with children 11yrs+ who are **displaying challenging or risky behaviour and looking for new ways to improve their relationship with their child.**

To book click [here](#)

**Within My Reach:** Starting Tuesday 27<sup>th</sup> April (online).

A group for **separated parents** who would like help to work on **improving their relationship with their ex-partner** so they can co-parent successfully. There are 8 sessions: 27<sup>th</sup>, 28<sup>th</sup> April, 4<sup>th</sup>, 5<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup>, 18<sup>th</sup> & 19<sup>th</sup> May, 10am-12pm.

To book contact [VenishaP@familylives.org.uk](mailto:VenishaP@familylives.org.uk)

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*Groups delivered face-to-face at Westminster venues  
(subject to meeting Governmental guidelines at the time)*

**Who's in Charge:** Starting Monday 10<sup>th</sup> May  
(Lisson Grove area)

A 9 week child to parent violence (CPV) **programme aimed at parents whose children are being abusive or violent** toward them or who appear out of parental control.

To book click [here](#)

**Non-violent Resistance (NVR):** Starting Monday 26<sup>th</sup>  
April 1-3pm (Victoria area).

A 12 week systemic group for parents with children 11yrs+ who are **displaying challenging or risky behaviour and looking for new ways to improve their relationships.**

To book click [here](#)

**Freedom Programme:** Starting 29<sup>th</sup> April 10.30-12.30pm @  
Queens Park Family Hub

An 11 week programme for **women who have experienced domestic abuse** in any of it's forms, providing a reflective space and tools to identify abusive behaviour in the future.

To book click [here](#)

**Fathers for Futures;** Starting Tuesday 21<sup>st</sup> April @  
Queens Park Family Hub

A 13 week Strengthening Families, Strengthening Communities **Parent Programme for Fathers and Male Carers Only.**

More details and to book contact:

[a.abd-elghany@futuremen.org](mailto:a.abd-elghany@futuremen.org)

## Group for families whose parent has a mental health issues



### What is a KidsTime Workshop?

Westminster KidsTime Workshops are fun group workshops for children and young people aged 5-18 and their parents/carers, where a parent or carer in the family has a mental illness. They offer a safe, non-judgmental place where families can come together to talk and learn about mental illness.

### How do the workshops support families?

- Helping children and teens to make sense of what it feels like when a parent is unwell, and to share worries and ask questions about mental illness in a safe place and where they can get some understandable answers.
- Helping parents to cope with the stress of being a parent while also managing mental health problems.
- Helping families to be more confident to talk together about problems and solutions.
- Providing an opportunity to meet other families who might be in similar situations.

**For more information contact:**  
[earlyhelpparentingteam@westminster.gov.uk](mailto:earlyhelpparentingteam@westminster.gov.uk)

## Couple & Co-parenting Relationship Support

### Building Relationships for Stronger Families



#### Relationships matter

- Being a parent is tough.
- Being a parent when your relationship with your partner or ex-partner isn't going well is even tougher.
- There are times when we are all under stress but whilst conflict is part of normal family life, sometimes it can become destructive and get in the way of managing everyday life.

#### How can we help?

We can help you if you feel stress and conflict in your relationship is affecting your family. The programme offers parents support to suit your circumstances to address conflict within your relationship as well as strengthening your parenting skills to bring up your children.

#### The course will help you to:

- Identify communication danger signs
- Manage stress and reduce the negative effects of stress
- Explore your personal needs and expectations
- Recognise challenges and opportunities in step-parenting or blended families
- Learn the brain science behind love and why we behave in certain ways

“ Deciding to do something about the relationships I care most about has not only supported my own parenting but has made a huge impact on my family. ”

**For information contact:**  
[rprefferrals@westminster.gov.uk](mailto:rprefferrals@westminster.gov.uk)

or call 020 7641 3523