

Parent Groups in Westminster Jan- April 2021

Live groups delivered via the Team platform

Circle of Security: Starting Tuesday 12th January 10am-12pm. A 10 week **attachment based parenting group** ideally suited to parents with children under 7 years. To book click [here](#)

Non-violent Resistance (NVR): Starting Thursday 14th January 6-8pm. A 12 week 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](#)

Within My Reach: Starting Wednesday 20th January. An 8 session group for **separated parents** who would like help to work on **improving their relationship with their ex-partner** so they can co-parent successfully. To book contact VenishaP@familylives.org.uk

Parenting Resource Forum: Starting Friday 12th March 1-3pm. A 3 week **virtual community** for parents to share new ideas and tips about topics such as: routines, dealing with conflict in relationships, play... and much more. All parents welcome. To book click [here](#)

Who's in Charge: Starting Monday 11th January 12.30pm-2.30pm. 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](#)

Triple P (0-12): Starting Tuesday 12th January 1-3pm. 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](#)

Freedom Programme: Starting 14th January 10.30-12.30pm. 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 contact earlyhelpparentingteam@westminster.gov.uk

Group for families whose parent has mental health issue



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

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.

What can I expect?

- Support that is proven to improve relationships.
- Experience professional support tailored to your needs.
- Responsive and flexible service catering to your needs.
- The programme is for intact or separated parents who live or access services in Westminster, Kensington & Chelsea, Hammersmith & Fulham, Lambeth, Croydon, Brent or Camden.

“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 more information contact:
rprefferrals@westminster.gov.uk
or call 020 7641 3523