

South Worcestershire Parenting and Family Support Groups for Parents



Birth & Beyond
Pre Birth



PEEP
0-5 Years



Understanding your child
0-19 Years



PPAP 11-19 Years



Family Links
2-10 Years



Incredible Years
3-6 Years



Incredible Years ASD
3-6 Years



Triple P
2-10 Years



Teen Triple P
11-19 Years

Groups for Parents are offered at venues around South Worcester-





Birth & Beyond (Pre-birth) Four weekly, 2 hour sessions ideally from 28 weeks of gestation of pregnancy. Transition to parenthood session for parents to be and their partners. Relaxed, informal group providing activity based learning and information.



PEEP (0-5 years) Ten weekly 90 minute sessions, supporting families with young children. Learning and activities help parents to value and build on the home learning environment and relationships with their children.



Incredible Years (3-6 years) 14 weekly, 2 hour sessions, focussing on strengthening child & parent interactions and attachment. The group helps parents to promote their child's social, emotional and language development.

Incredible Years ASD & Communication Difficulties (3-6 years) This group is specifically adapted from the above programme for Parents / Carers of children with ASD and/or language delay/ communication difficulties.



Understanding your child (0-19 Years) 10 weekly, 2 hour session suitable for families with children and young people aged from birth to 19 years of age. This group supports parents to think about how relationships between parents and their children/young people can be developed as a lifelong skill.



Family Links (2-10 Years) 10 weekly, 2 hour sessions suitable for families with children and young people aged from birth to 19 years of age. Family Links helps parents to understand why children behave as they do, recognising the feelings behind our and their behaviour & exploring different approaches to discipline.






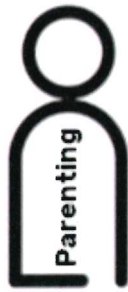
PPAP (11-19 years) 8 weekly, 2 hour sessions, where parents can learn how to develop fair and consistent rules and boundaries, encourage and support their teenager through Adolescence and learn to connect with their teenager.



Triple P (2-10 Years) 6 weekly, 2 hour sessions suitable for families with children aged 2-10 years. Triple P is a positive parenting programme, but it doesn't tell you how to be a parents. Its more like a toolbox of ideas. Parents choose the strategies they need.

Teen Triple P (10-19 Years) 6 weekly, 2 hour sessions suitable for families with teenagers. The group enables parents to cope positively with common issues associated with raising teenagers, understand factors that influence teenage behaviour and encourage appropriate behaviour.

For further information on any of our Groups for Parents, just give us a call using the contact details over the page

	Tuesday	Wednesday	Thursday	Friday
	PPAP (11 - 16) Starts 26th February 8 weeks 4:30 - 6:30 pm Witton Middle School, WR9 8BD Ask for Simone	The Incredible Years (ASD & communication difficulties) Starts 23rd January - 14 weeks 9:30-11:30 am The Vale of Evesham School, WR11 1BN Ask for Vanessa	Understanding Your Child's Behaviour Ask us about this online course Phone 01905 827391	Understanding Your Child Starts 18th January 10 weeks 9:30-11:30 am The Bungalow, WR9 9EQ Ask for Louise
	The Incredible Years (ASD & communication difficulties) Starts 8th January 14 weeks 9:15-11:15 am St Matthias Primary, WR14 1NA Ask for Stuart	PEEP Movers (1 - 5) Starts 30th January 6 weeks 9:15-10:15 am Dines Green School, WR2 5QH Ask for Louise	Understanding Your Child Starts 10th January 8 weeks 9:30-11:30 am Bengewoth CE Academy, WR11 3HB Ask for Andrea	Understanding Your Child Starts 8th February 8 weeks 9:30 - 11:30 am Oasis Academy, WR4 9PE Ask for Rachael
Delivered on behalf of 	South Worcestershire Parenting and Family Support			Triple P (11 - 16) Starts 11th January 12:30 - 2:30 pm The Tolly Centre, WR4 9QW Women Only Ask for Sam
Coming Soon				
Triple P (11 - 16) with Teens Starts in January Lyppard area Please ask for details Ask for Rachael	The Incredible Years (ASD & communication difficulties) Starts in January 12 weeks Pitnaston Primary, WR2 4ZF Ask for Vanessa	Triple P (11 - 16) Starts in January Dyson Perrins CE Academy, WR14 1WD Please ask for details Ask for Stuart		
PEEP (0-5) Starts in January 6 weeks Please ask for details Ask for Andrea	PEEP (0 - 5) Starts in January 6 weeks Sunshine Centre, WR14 3SW Please ask for details Ask for Rachael or Jane	The Incredible Years Starts after half term 14 weeks Cranham/Perrywood area Ask for Stuart		
PEEP (0 - 5) Starts after half term 6 weeks Please ask for details Ask for Andrea	PEEP (0 - 5) Starts after half term 6 weeks Please ask for details Ask for Andrea	