

Parenting Groups in Westminster

Happier, Healthier Families

Upcoming groups and programmes for Westminster parents

Being a parent can be a wonderful, rewarding role but it does not come without its challenges. Every parent wants to do the best for their child but many factors can have an impact on family relationships. At every age and stage, the support and advice of others who understand your situation, can be helpful.

Westminster Early Help recognises the rewards and challenges that parents and guardians face in their 'parenting' roles and is committed in supporting parents to feel better equipped to manage these challenges. Early Help & partners offer a wide range of groups across Westminster, to suit different family circumstances.

We look forward to welcoming new participants to our groups and programmes; secure a space today!

Circle of Security

Circle of Security parenting groups are designed to give parents 'a map' for understanding and responding to their child's emotional needs. Research shows that parents, who are able to do this in a loving and consistent way, give their children an amazing chance in life.

Circle of Security for parents with children under 0-10yrs.

Circle of Security Group for parents of Teens (11+)

DATES	VENUE	WEEKS	ADDITIONAL INFO	CONTACT
Tuesdays 23rd April- 18th June (term time only) 10am-12pm	Westminster Children's Services 4 Frampton Street NW8 8LF	8 Weeks	Free group for parents with children 0-10yrs	Shofa Miah 0207 641- 3010 smiah@westminster.gov.uk
Mondays 13th May – 8th July (term time only) 10.15-11.45am	St Mary's Church, Wyndham Place, London W1H 1PP	8 Weeks	Group for parents of any age children Suggested donation of £100 per person. If you would like to take advantage of the crèche, the cost is £5 per session.	Kate Logan 020 7258 5040 katie.logan@thecentrelondon.com
Autumn term Dates and times to be confirmed	255 Old Marylebone Road, London NW1 5QT	8 weeks	Group for parents of Teens (11+) Suggested donation of £100 per person.	Kate Logan 020 7258 5040 katie.logan@thecentrelondon.com

Triple P 0-12

The Triple P – Positive Parenting Program® is a parenting and family support system designed to prevent – as well as treat – behavioral and emotional problems in children 0-12 years.

DATES	VENUE	WEEKS	ADDITIONAL INFO	CONTACT
Fridays 26 th April –21st June 10am -12pm	Westminster Children’s Service 4 Frampton Street NW8 8LF	8 Weeks	Free group aimed at parents with children aged 0-12 No Crèche available	Shofa Miah 0207 641- 3010 smiah@westminster.gov.uk

NVR Parenting Groups

NVR is a programme for parents and carers with children aged 10 to 19 who present with challenging, destructive or violent behaviours. The course focusses on relationship building rather than behaviour modification “connection before correction” and supports parents to feel more empowered and confident in their parenting role.

DATES	VENUE	WEEKS	ADDITIONAL INFO	CONTACT
Fridays 26 th April –21st June 1pm -3pm	Westminster Children’s Service, 4 Frampton Street, NW8 8LF	12 weeks	Parents attended the groups are invited to remain involved after the course finishes and become graduate parents who support other parents and groups. No Crèche available.	Shofa Miah 0207 641- 3010 smiah@westminster.gov.uk

Building Relationships for Stronger Families

This NEW programme offers parents support to suit their circumstances and address **conflict within their relationship**, as well as **strengthening their parenting skills** to bring up their children.

Support takes the form of **one-to-one or group sessions** delivered by experienced facilitators who are skilled in encouraging discussion around the modern struggles that parents and couples face.

Courses are free and, where possible, support will be offered in your home or in your local community.

Sessions range from individual, one-on-one, to group sessions between 6 to 12 parents depending on your particular needs. Crèche facilities are not routinely available but may be offered if there is enough demand.

For information contact: Anna Elliott, Referral Gateway Project Manager **020 7641 3523**

Or email rpcreferrals@westminster.gov.uk

Hold Me Tight

The *Hold Me Tight*® course was written by Dr Sue Johnson, originator of Emotionally Focussed Therapy (EFT) and author of the best-selling book, *Hold Me Tight*. In the 7 sessions the course looks at how couples can get stuck and learn new ways of relating which deepen our understanding and increase our intimacy. Led by an experienced team and supported by EFT therapists, each session has a presentation, film clips and space for couples to complete an exercise together.

Mondays 13 th May –1st July (term-time only) Evenings	255 Old Marylebone Road, London NW1 5QT	8 weeks	The course is suitable for any couple who have in a committed relationship for over 2 years. Those who are able to are asked to give a donation of £180 per couple for the 7 sessions.	Kate Logan 020 7258 5040 katie.logan@thecentrelondon.com
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Parents as Partners

Parents as Partners is a 16 week course for both parents- whether separated or apart- to work together on their parenting and relationship challenges. The groups support parents in strengthening their relationship with each other, so they are more able to face life's difficulties and parent/ co-parent effectively.

DATES	VENUE	WEEKS	ADDITIONAL INFO	CONTACT
Autumn term date to be confirmed	TBC	16 Weeks	A FREE group for couples and co-parents to work out how to move forward if things have been difficult.	0207 641- 3010 smiah@westminster.gov.uk

Dream Arts: Family Express & Express 1-2-1 sessions

Supporting and strengthening family relationships using arts and play. Spend quality time with your children in a supportive environment

DATES	VENUE	WEEKS	ADDITIONAL INFO	CONTACT
TBC	Sessions take place in centres around Westminster: Bessborough Centre (Pimlico), Stowe Centre (Westbourne), Portman Centre (Church Street) and Queen's Park Children's Centre (Queen's Park).		Families with children aged 7-12. Family Express group sessions use art and play to enable parents and Children to form stronger relationships . Express 1-2-1 provides individual parent-child therapeutic support for those finding it difficult to manage their thoughts, feelings and behaviours.	Anne-Marie Phone / Text / WhatsApp 07984 463 405 (type FASP and your name) annemarie@dreamarts.org.uk