

Parenting Programme Timetable Autumn Term April – July 2021

Programmes to be delivered virtually

Parenting Programme	Age Range	Additional Information	Delivery Dates
Strengthening Families Strengthening Communities Bengali (SFSC)	Birth - 18 yrs.	A 5-week shortened version of SFSC adapted for virtual delivery Rolling Programme throughout the Spring Term	Tuesdays
			Thursdays
Strengthening Families Strengthening Communities English EVENING (SFSC)	Birth - 18 yrs.	A 5-week shortened version of SFSC adapted for virtual delivery with a choice of daytime or evening sessions	Tuesdays
Strengthening Families Strengthening Communities English DAY (SFSC)	Birth - 18 yrs.	A 5-week shortened version of SFSC adapted for virtual delivery with a choice of daytime or evening sessions	Wednesdays
Triple P Group Teen	12- 18yrs	Programme delivered in English	Monday

Triple p Group	18 months - 18 yrs.	Programme delivered in English	Fridays
<i>Triple P Family Transitions</i>	<i>Birth – 18 yrs.</i>	<i>NEW for Summer term 2021. For parents who are experiencing personal distress after separation or divorce, which is impacting on their parenting</i>	<i>Contact Parenting Team for dates and referral details</i>
<i>ADHD -The Parent Factor</i>	<i>5 – 18 yrs. (with diagnosis of ADHD)</i>	<i>For parents of a child with a diagnosis of Attention Deficit Hyperactivity Disorder (ADHD)</i> Programme delivered in English	<i>Fridays TBC Date and time to be confirmed Contact Parenting Team for referral details</i>
Emotional First Aid		Parents' Emotional First Aid (EFA)– Revised Programme delivered in English	Fridays
Triple P online	18 month -18 years	An individual online programme for parents to access and complete at their own pace. Practitioner support and guidance to complete the programme is available on request.	Start dates depending on parental preference and availability.
Universal offer – one off workshops			
<i>Triple P Teen Discussion group Dealing with Emotional Behaviour</i>	<i>11-18yrs</i>	Programme delivered in English. <i>Topic specific sessions covering a range of parenting concerns.</i>	Wednesday
<i>Triple P Teen Discussion group Reducing Family Conflict</i>	<i>11yrs-18yrs</i>	<i>Programme delivered in English. Topic specific sessions covering a range of parenting concerns</i>	Wednesday

<i>Triple p Group Discussion group series: Encouraging Positive Behaviour</i>	2yrs- 11yrs	<i>Programme delivered in English. Topic specific sessions covering a range of parenting concerns</i>	Thursday
<i>Triple p Group Discussion group series: Managing fighting and Aggression</i>	2yrs- 11yrs	<i>Programme delivered in English. Topic specific sessions covering a range of parenting concerns</i>	Thursday
Parents wellbeing monthly Drop in	0-18yrs	PILOT - Regular sessions featuring topics on promoting wellbeing. Parents to contribute to session ideas.	Monthly
Professionals Information session Monthly		Information session for professionals to find out more about the parenting service, programmes on offer and the referral process	<i>Monthly</i>

Parent and Family Support Service
Email: Parenting@towerhamlets.gov.uk
Tel: 020 7384 6398