

## Parenting Taster sessions and Workshops

Attend a workshop listed below to gain an introduction to some of the popular courses delivered by the parent and family support service or perhaps you need some take away tips and strategies to manage some of the everyday parenting challenges

| Topics  | Date   | Time                         | Location |
|---|--|------------------------------|----------|
| <ul style="list-style-type: none"> <li>• <b>Parenting for Single Parents</b><br/>During this session we will be exploring the unique challenges of single parenthood and sharing top tips for coping effectively with trials that may arise.</li> </ul>   | Thursday 17 <sup>th</sup> March                                  | 10am-12pm                    | Zoom     |
| <ul style="list-style-type: none"> <li>• <b>Emotional First Aid Taster workshop</b><br/>For parents who would like to know more about the importance of their emotional well-being as parent and get details of our 6-week programme.</li> </ul>  | Friday 1 <sup>st</sup> April                                     | 10am-12pm                    | Zoom     |
| <ul style="list-style-type: none"> <li>• <b>Triple P Family Transitions Taster Workshop - (Positive Parenting Programme)</b><br/>For parents separated from their partners who would benefit from support to work through this change whilst maintaining a positive environment for the children.</li> </ul>  | Thursday 24 <sup>th</sup> March                                  | 10am-12pm                    | Zoom     |
| <ul style="list-style-type: none"> <li>• <b>Parent Support Network</b><br/>First of a new support network for all parents that have attended a parenting programme and would like to become part of a supportive community.</li> </ul>  | Friday 25 <sup>th</sup> March                                    | 10am-12pm                    | Zoom     |
| <ul style="list-style-type: none"> <li>• <b>Triple P Discussion Groups - (Positive Parenting Programme)</b><br/>Attend either or both sessions to receive effective strategies to positively manage challenging behaviour.               <ul style="list-style-type: none"> <li>○ Encouraging Positive Behaviour 2yrs -11yrs</li> <li>○ Dealing with Teenager's Emotions</li> </ul> </li> </ul> | Monday 21 <sup>st</sup> March<br>Thursday 31 <sup>st</sup> March | 10am-12.30pm<br>10am-12.30pm | Zoom     |

To book your place on a workshop please click on this [Eventbrite link](#).

If you have any queries please get in touch by emailing [parenting@towerhamlets.gov.uk](mailto:parenting@towerhamlets.gov.uk) or call 0207 364 6398