

**These courses can help you achieve**  
**Level 2**  
**in**  
**The Passport to Independence**

Last updated 15/02/2018

**SureStart**

**Locality 6**



**Parenting Courses**  
**April 2018**





You are invited to a free 3 week antenatal programme...

Bump  
to Baby

...from April 2017

This fantastic 3 week course at your local Children's Centre provides parents-to-be with all the information and skills they need to feel confident about making the right choices for their new baby.

Delivered by Midwives, Health Visitors & Early Help staff.

### THE TOPICS INCLUDE

- o You and your growing baby
- o Birth and beyond
- o Feeding and caring for your baby

For more information or to book a place please contact your local Children's Centre



Free  
course

# Time out for ADHD

## Need some friendly advice but don't know who to ask?

We are running a course for parents/carers and families with children aged 5-12 years who may need further knowledge about this condition. It will take place at **Saltash Children's Centre** on a Tuesday 09.30-13.30pm. **Starting 17/04/2018** and finishing on **22/05/2018**. This programme will be facilitated by Family Workers.

### The course covers:

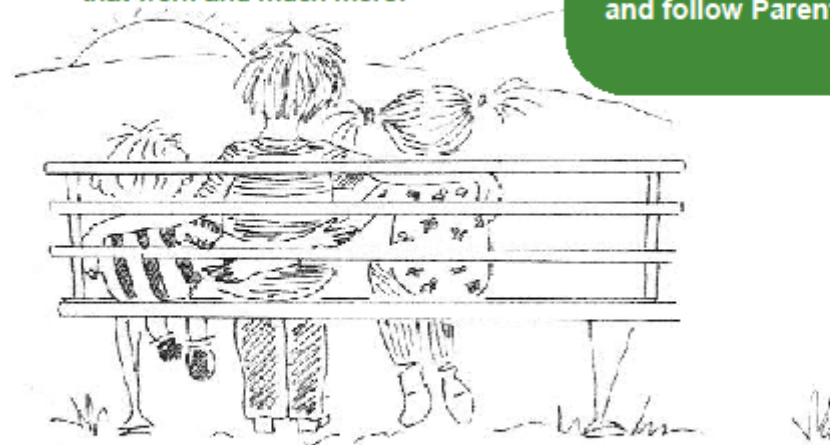
- Increased understanding
- How ADHD affects the individual
- Practical suggestions to try at home
- Support and advice
- Includes rewards, routines and rules that work and much more!

### Further information contact:

Benn Clarke, Parenting and Adult Education Lead 01752 847419,  
[bennclarke@cornwall.gov.uk](mailto:bennclarke@cornwall.gov.uk)

To request a place: Visit  
[www.cornwall.gov.uk/earlyhelphub](http://www.cornwall.gov.uk/earlyhelphub)

and follow Parenting Support link.



# Take 3

Support for parents and carers  
of challenging teenagers

Free  
course

For mums, dads  
grandparents  
and carers of  
teenagers

An informal and friendly  
course, run over 10 sessions

Whether you have current worries about your teenager or would just like to understand your child better, this course will have something for you.

**The course covers:**

- Putting in rules and boundaries that work
- Encouraging and supporting young people
- Helping parents look after themselves



## Living with Parents – 1 day workshop

This fun one day workshop gives parents and their teenagers the opportunity to spend a day together completing structured activities that will benefit communication and mutual understanding.

Venue: Callington Children's Centre

Take 3 is held on Tuesdays 6.30-8.30pm from 01/05/2018 – 10/07/2018 (not on 29/05/2018 as half term). This programme will be facilitated by Targeted Youth Workers.

Living with Parents is a 1 day workshop which will be held on a date to suit attendees, 9.30am-2.30pm at Callington Children's Centre.

To book a place visit:

[www.cornwall.gov.uk/earlyhelphub](http://www.cornwall.gov.uk/earlyhelphub) and follow Parenting Support link.

For further details contact: Benn Clarke, Parenting and Adult Education Lead:

01752 847419, [bennclarke@cornwall.gov.uk](mailto:bennclarke@cornwall.gov.uk)



## Bump to Baby Course Dates

### Callington Children's Centre

Monday 7th May—21st May 2018 1.30pm-4.00pm

Monday 23rd Jul—6th Aug 2018 1.30pm-4.00pm

**Callington 01579 389647**

### Liskeard Children's Centre

Thursday 3rd May—17th May 2018 1.30pm-4.00pm

Thursday 2nd Aug—16th Aug 2018 1.30pm-4.00pm

**Liskeard 01579 349157**

### Looe Children's Centre

Tuesday 3rd Jul—17th Jul 2018 1.30pm-4.00pm

**Looe 01503 265611**

### Torpoint Children's Centre

Tuesday 22nd May—5th Jun 2018 1.30pm-4.00pm

Tuesday 7th Aug—21st Aug 2018 –1.30pm-4.00pm

**Torpoint 01752 816569**

### Saltash Children's Centre

Tuesday 22nd May—5th Jun 2018 1.30pm-4.00pm

Tuesday 7th Aug—21st Aug 2018 1.30pm-4.00pm

**Saltash 01752 847419**

**For more information or to book a place please contact your local Children's Centre**

Free  
course

# Incredible Years Parenting Programme

Do you need support and advice on  
managing children's behaviour?

We have a 3-6 years course  
available starting April 2018

Sessions include:

- Difficult behaviour
- Promoting self esteem
- Developing routines
- Play
- Positive parenting
- Praise and rewards



**Incredible Years 3-6** at The Liskerrett Centre, Liskeard on a Thursday 9.30-11.30am. Beginning 26/04/2018, breaking for half term 31/05/2018 and finishing 19/07/2018. This programme will be facilitated by Family Workers.

To book a place visit: [www.cornwall.gov.uk/earlyhelphub](http://www.cornwall.gov.uk/earlyhelphub) and follow Parenting Support link.

For further details contact: Benn Clarke, Parenting and Adult Education Lead:

01752 847419, [bennclarke@cornwall.gov.uk](mailto:bennclarke@cornwall.gov.uk)



Free  
course

# Incredible Years Parenting Programme

Do you need support and advice on  
managing children's behaviour?

We have a 6-12 course starting  
April 2018 in Saltash

Sessions include:

- Difficult behaviour
- Promoting self esteem
- Developing routines
- Play
- Positive parenting
- Praise and rewards



**Incredible Years 6-12** at Saltash Children's Centre on a Thursday 09.30-11.30am. Beginning 26/04/2018, breaking for half term 31/05/2018 and finishing 19/07/2018. It will be facilitated by Family Workers.

To book a place visit: [www.cornwall.gov.uk/earlyhelphub](http://www.cornwall.gov.uk/earlyhelphub) and follow Parenting Support link.

For further details contact: Benn Clarke, Parenting and Adult Education Lead:

01752 847419, [bennclarke@cornwall.gov.uk](mailto:bennclarke@cornwall.gov.uk)

