

# Parent Groups in Westminster Sep- Dec 2020

## Live groups delivered via the Team platform

**Circle of Security:** Starting Wednesday 16<sup>th</sup> September 10.30am-12pm. A 10 week **attachment based parenting group** ideally suited to parents with children under 7 years. To book click [here](#)

**Non-violent Resistance (NVR):** Starting Tuesday 15<sup>th</sup> September 1-2.30pm. A 12 week group for parents with children 11yrs+ who are **displaying challenging or risky behaviour**

To book click [here](#)

**Non-violent Resistance (NVR):** Starting Thursday 10<sup>th</sup> September 6-7.30pm. A 12 week group for parents with children 11yrs+ who are **displaying challenging or risky behaviour**

To book click [here](#)

**Parenting Resource Forum:** Starting Friday 27<sup>th</sup> Nov 1-3pm. A 3 week **virtual community** for parents to share new ideas and tips about topics such as: routines, dealing with conflict in relationships, play... and much more. All parents welcome.

To book click [here](#)

**Who's in Charge:** Starting Monday 14<sup>th</sup> September 6pm-7.30pm. A 9 week child to parent violence (CPV) **programme aimed at parents whose children are being abusive or violent** toward them or who appear out of parental control. To book click [here](#)

**Triple P (0-12):** Starting Wednesday 9<sup>th</sup> September 1-2.30pm. An 8 week **positive parenting programme** ideally suited to parents with children under 11yrs. The programme provides practical parenting tips and strategies.

To book click [here](#)

**Freedom Programme:** Starting 8<sup>th</sup> September. An 11 week programme for women who have experienced domestic abuse in any of it's forms, providing a reflective space and tools to identify abusive behaviour in the future.

To book contact [sbryan@westminster.gov.uk](mailto:sbryan@westminster.gov.uk)

# Online programme completed individually at home with regular follow up support

**Triple P 0-12 or Teen Online:** An online evidence-based programme which can be **accessed by the parent on a phone or laptop at their convenience**. The parenting team will provide regular check-in discussions with parents to support them to embed the learning and provide feedback to referrers. To book click [here](#)

**Freedom Programme Online:** An on-line programme for women who have experienced domestic abuse in any of its forms. The programme explains violent and abusive behaviour and can help participants understand the abuse they have experienced and gives them the tools to identify abusive behaviour in the future. This version can be **accessed by the parent on a phone or laptop at their convenience**. To book contact [sbryan@westminster.gov.uk](mailto:sbryan@westminster.gov.uk)

For more **information** contact:  
[earlyhelpparentingteam@westminster.gov.uk](mailto:earlyhelpparentingteam@westminster.gov.uk)

# Couple & Co-parenting Relationship Support

## Building Relationships for Stronger Families



### Relationships matter

- Being a parent is tough.
- Being a parent when your relationship with your partner or ex-partner isn't going well is even tougher.
- There are times when we are all under stress but whilst conflict is part of normal family life, sometimes it can become destructive and get in the way of managing everyday life.

### How can we help?

We can help you if you feel stress and conflict in your relationship is affecting your family. The programme offers parents support to suit your circumstances to address conflict within your relationship as well as strengthening your parenting skills to bring up your children.

### What can I expect?

- Support that is proven to improve relationships.
- Experience professional support tailored to your needs.
- Responsive and flexible service catering to your needs.
- The programme is for intact or separated parents who live or access services in Westminster, Kensington & Chelsea, Hammersmith & Fulham, Lambeth, Croydon, Brent or Camden.

“ Deciding to do something about the relationships I care most about has not only supported my own parenting but has made a huge impact on my family. ”

For more **information** contact:  
[rprefferrals@westminster.gov.uk](mailto:rprefferrals@westminster.gov.uk)  
or call 020 7641 3523