

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 January – March 2020 10.00am – 12.00pm	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
Wednesdays 25 th September – 27 th November 2019 10:00am-12:00pm	The Cardinal Humes Centre 7 Arneway Street Horseferry Road SW1P 2BG	8 Weeks	Free groups for parents with children 0-8 years old	Shofa Miah 0207 641- 3010 smiah@westminster.gov.uk
Tuesdays May – July 2020 10.00am – 12.00pm	Westminster Children's Services 4 Frampton Street NW8 8LF			

<p>Monday Mornings</p> <p>30th September – 25th November 2019</p> <p>10:15am – 11:45am</p>	<p>255 Old Marylebone Road,</p> <p>London</p> <p>NW1 5QT</p>	<p>8 weeks</p>	<p>Free parenting course for parents with primary aged children and younger.</p> <p>Suggested donation of £100 per person</p> <p>There are limited creche spaces available at £5 a session per child.</p>	<p>Kate Logan</p> <p>020 7258 5040</p> <p>katie.logan@thecentrellondon.com</p>
<p>Monday Evenings</p> <p>7th October – 2nd December 2019</p> <p>7:30pm – 9:00pm</p>	<p>St Mary's Church, Wyndham Place</p> <p>London</p> <p>W1H 1PP</p>	<p>8 weeks</p>	<p>Free parenting course for parents/careers with teenagers and pre-teens.</p> <p>Suggested donation of a £100 per person</p>	<p>Kate Logan</p> <p>020 7258 5040</p> <p>katie.logan@thecentrellondon.com</p>

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.

DATES	VENUE	WEEKS	ADDITIONAL INFO	CONTACT
Tuesdays January 1pm-3pm	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
Wednesdays January – March 2020 1.00pm – 3.00pm	Queen's Park Children's Centre 88 Bravington Road London W9 3AL	8 weeks		

Thursday May – July 2020 1.00pm – 3.00pm	Bessborough Family Hub 1 Bessborough Street London SW1V 2JD	8 weeks	Free group aimed at parents with children aged 0-12 No Crèche available	Shofa Miah 0207 641- 3010 smiah@westminster.gov.uk
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Triple P Teen

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 teens

Dates	Venue	Weeks	Additional info	Contact
Tuesdays 17 th September 2019 1:00pm-3:00pm	Westminster Children's Service 4 Frampton Street NW8 8LF	8 Weeks	Free group aimed at parents with teens No Crèche available	Shofa Miah 0207 641- 3010 smiah@westminster.gov.uk

Stepping stones

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 with special educational needs or disabilities.

Dates	Venue	Weeks	Additional info	Contact
Thursday January – March 2020 1.00pm – 3.00pm	Bessborough Family Hub 1 Bessborough Street London SW1V 2JD	10 weeks	A parenting programme to support parents for children with SEND/additional needs with creche.	Shofa Miah 0207 641- 3010 smiah@westminster.gov.uk
Monday May – July 2020 10.00am – 12.00pm	St Vincent's Family Project, Methodist Central Hall SW1H 9NH	10 weeks		

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
Thursdays 13 th September - 12 th December 2019 10:00am - 12:00pm	Bessborough Family Hub 1 Bessborough Street London SW1V 2JD	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
Mondays January – March 2020 1.00pm – 3.00pm	St Vincent’s Family Project, Methodist Central Hall SW1H 9NH	12 weeks		
Tuesdays January – March 1.00pm – 3.00pm	Westminster Children’s Service 4 Frampton Street NW8 8LF	12 weeks		

<p>Tuesdays</p> <p>May – July 2020</p> <p>1.00pm – 3.00pm</p>	<p>Westminster Children's Service</p> <p>4 Frampton Street</p> <p>NW8 8LF</p>	<p>12 weeks</p>	<p>Parents attended the groups are invited to remain involved after the course finishes and become graduate parents who support other parents and groups.</p> <p>No Crèche available.</p>	<p>Shofa Miah</p> <p>0207 641- 3010</p> <p>smiah@westminster.gov.uk</p>
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SFSC

Is a 13-week programme for parents/carers of children aged 0-18. It helps families increase parenting skills through developing a better understanding of child development and using positive discipline techniques. The programme hopes to increase parental confidence, achieve positive change in family relationships, decrease isolation and increase community involvement.

Dates	Venue	Weeks	Additional info	Contact
<p>Wednesdays</p> <p>Programme starts on 3rd March 2020 (runs every Wednesday, term time only)</p> <p>9.15am-12.30pm</p> <p>Information session is on Wednesday 28th February at Essendine Primary School</p> <p>One-hour session</p>	<p>Essendine Primary School,</p> <p>Essendine Rd, London</p> <p>W9 2LR</p>	<p>13</p>	<p>This programme is open to Westminster parents/carers.</p> <p>Crèche and light refreshments are provided (please register an interest with Jade to secure a Crèche spot)</p> <p>Parents will receive a certificate and parent manual</p>	<p>Jade Briant</p> <p>07841903289</p> <p>Jade@racefound.org.uk</p>

Dates	Venues	Weeks	Additional Info	Contact
<p>Wednesdays</p> <p>30th October 2019 – 5th February 2020</p> <p>10.00am-1.00pm</p>	<p>Bessborough Street, Pimlico</p>	13 weeks	<p>This programme will be delivered in Somali and is open to Westminster parents/carers.</p> <p>Light refreshments are provided (please register an interest with Jade.</p> <p>Parents will receive a certificate and parent manual</p>	<p>Contact: Jade 07841 903 289</p> <p>Email: jade@racefound.org.uk</p> <p>http://bit.do/SFSC-Westminster</p>
<p>TBC</p>	<p>Church Street area, venue TBC</p>	13 weeks	<p>The programme will be delivered in Arabic and is open to Westminster parents/carers.</p> <p>Light refreshments are provided. If you require childcare please call Jade to discuss this further. Parents will receive a certificate and parent manual.</p>	<p>Contact: Jade 07841 903 289</p> <p>Email: jade@racefound.org.uk</p> <p>http://bit.do/SFSC-Westminster</p>

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 rprefferrals@westminster.gov.uk

Parenting Resource Forum

Dates	Venue	Weeks	Additional info	Contact
Friday 13 th September 2019	Westminster Children's Service 4 Frampton Street NW8 8LF	Ongoing	Platform for graduate parents to develop further skills and training.	Shofa Miah 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

More groups, programmes and times will be added September 2019