

WELLBEING

NEW

IN OUR PLACE

ONLINE COURSES FOR PARENTS

[click for more information](#)

All courses are dedicated to improving emotional health and wellbeing in parents, children, teenagers, adults and grandparents

WELLBEING

STRENGTH BASED PARENTING

[click for more information](#)

Daytime at the Bridge
12 January to 24 February

WELLBEING

DECIDER SKILLS

[click for more information](#)

Evening course delivered at the Bridge
21st January & 28th January

WELLBEING

MINDFULNESS

[click for more information](#)

Online evening course
Dates to be confirmed

SUPPORT

NON-VIOLENT RESISTANCE COACHING

[click for more information](#)

In person at the Bridge
Introduction session:
Wednesday 18 December (4pm-6pm)



WELLBEING

TIME TO PAUSE IN NATURE

[click for more information](#)

Coming soon !

Wellbeing course delivered in a different outdoor location each week

SPRING TERM 2025 COURSES FOR PARENTS & CARERS

SUPPORT

FAMILY TRANSITIONS

[Click for more information](#)

An online course for parents or carers who are experiencing personal distress from separation or divorce, which is impacting on or complicating their parenting.

FOLLOW US...



WELLBEING

FAMILY LINKS NURTURING PROGRAMME

[click for more information](#)

7 November to 6 February
(Course commenced)

ADHD

NEW FOREST PARENTING (3-11 YEARS)

[click for more information](#)

Online & in person in the evening
Various dates available

AUTISM

NATIONAL AUTISTIC SOCIETY EARLYBIRD

(UNDER 5 WITH DIAGNOSIS)

[click for more information](#)

9.30am - 12.00pm at the Bridge
21 January to 1 April

AUTISM

NATIONAL AUTISTIC SOCIETY TEEN LIFE

(10+ WITH DIAGNOSIS)

[click for more information](#)

Dates to be confirmed

ADHD

NEW FOREST PARENTING (TEENAGERS)

[click for more information](#)

Evening course at the Bridge
Wednesday's 6pm to 8pm

AUTISM

NATIONAL AUTISTIC SOCIETY EARLYBIRD PLUS

(5-10 WITH DIAGNOSIS)

[click for more information](#)

Morning and afternoon at the Bridge
9 January to 20 March

IF YOU WOULD LIKE TO
REGISTER YOUR INTEREST,
PLEASE CONTACT US

+ 44 (0) 1534 519000

childrenandfamilieshub@gov.je

TO FIND OUT MORE, SCAN THE QR CODE





BACK TO MENU



Supporting emotional health and wellbeing from 0-19+

Free online courses for all parents, carers, grandparents and teens

- Antenatal and postnatal baby bonding
- Understanding your child or young person
- Your child or young person with additional needs
- Teenager's feelings and brain development
- And lots more specialist courses

Designed by clinical psychologists in partnership with practitioners and parents



Residents of JERSEY and GUERNSEY

Use Access Code
WELCOME



In partnership with:



BACK TO MENU



Strength-based Parenting Programme

This 6 week course is delivered face to face and is for parents of children aged 6 to 18 years. Strength-based parenting is an evidence-based approach, it supports us to focus more on the positives within parenting and gives practical advice on how to do this.

The course focuses on helping parents to understand more about strengths and how to spot them in their children. It also helps parents identify their own strengths and how they can use these to help when challenges arise.

Research has shown that children who have parents that are strengths-focused have higher levels of well-being, improved life-satisfaction, and increased resilience.

How can I take part? Please contact the Children and Families Hub team on 01534 519000, or email childrenandfamilieshub@gov.je



BACK TO MENU



Family Links - Nurturing Programme

This 10-week programme is for parents and carers of children of all ages*, however, is best directed at 4 – 12 years.

The programme aims to improve the emotional health of both adults and children and strengthens family relationships. It provides parents with new skills in listening and communicating with their children and will help to develop an understanding of behaviour in the context of relationships. Topics include:

- Understanding why children behave as they do
- Recognise the feelings behind behaviour
- Explore different approaches to discipline
- Finding ways to develop co-operation and self-discipline
- Learning the importance of looking after ourselves

How can I take part? Please contact the Children and Families Hub team on 01534 519000, or email childrenandfamilieshub@gov.je to reserve your space.



BACK TO MENU



Introductory session

Wednesday 18 December
4pm at the Bridge

Course dates

Thursdays 9 January to 27 March
4.00pm to 6.00pm at the Bridge

Supporting Parents: Non-violent resistance coaching

This course is delivered in person over 11 weekly sessions and is for parents and carers of children aged 11 to 18 years.

With the support of the course facilitators, parents will learn to acquire a position of strength when responding to aggressive or self-destructive behaviours in adolescents. The course offers the opportunity to:

- reduce feelings of helplessness and regain parental presence
- support your child and strengthen relationships
- share your experiences with other parents and carers

How can I take part? Please contact the Children and Families Hub team on 01534 519000, or email childrenandfamilieshub@gov.je to reserve your space.



BACK TO OVERVIEW



Family Transitions

This online course is for parents and carers of children up to 18 years who are experiencing personal distress from separation or divorce, which is impacting on or complicating their parenting.

The course consist of 5 modules and aims to support parents to learn:

- ways to talk to your child about separation and divorce
- how to manage and cope with emotions
- effective communication and how to manage conflict
- how to balance work, family and play

How can I take part? Please contact the Children and Families Hub team on 01534 519000, or email childrenandfamilieshub@gov.je



BACK TO MENU



The Decider Skills Programme

This 2 week course is delivered face to face and is for parents and carers of children up to 18 years.

Using Cognitive Behaviour Therapy, the Decider Skills course will teach you how to recognise your own thoughts, feelings, and behaviours to help enable you to make effective changes to manage your own wellbeing, cope better emotionally and promote positive mental health.

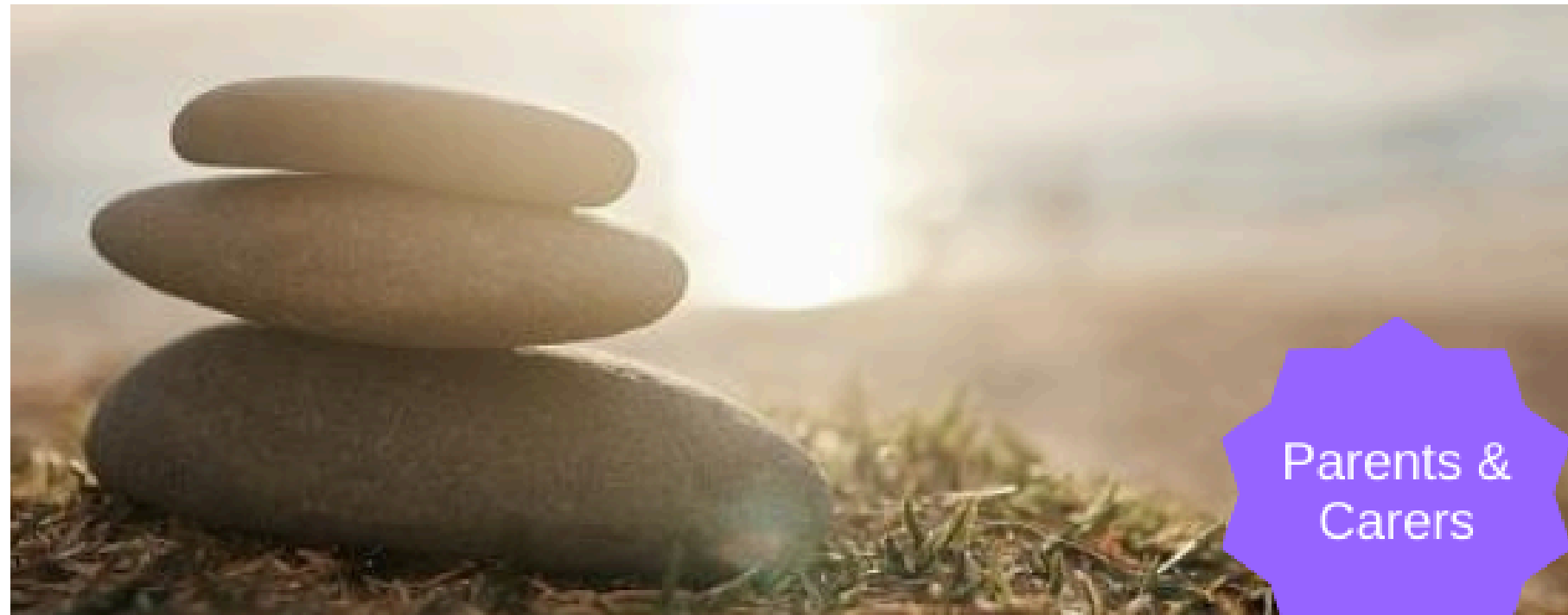
Over the course of the programme, you will learn strategies which will help you:

- manage distress and regulate emotions
- promote effective communication
- increase mindfulness
- live a more skillful and less impulsive life

How can I take part? Please contact the Children and Families Hub team on 01534 519000, or email childrenandfamilieshub@gov.je



BACK TO MENU



Parents &
Carers

Mindfulness Course

This 6-week course is delivered online and is for parents and carers of children up to the age of 18 years.

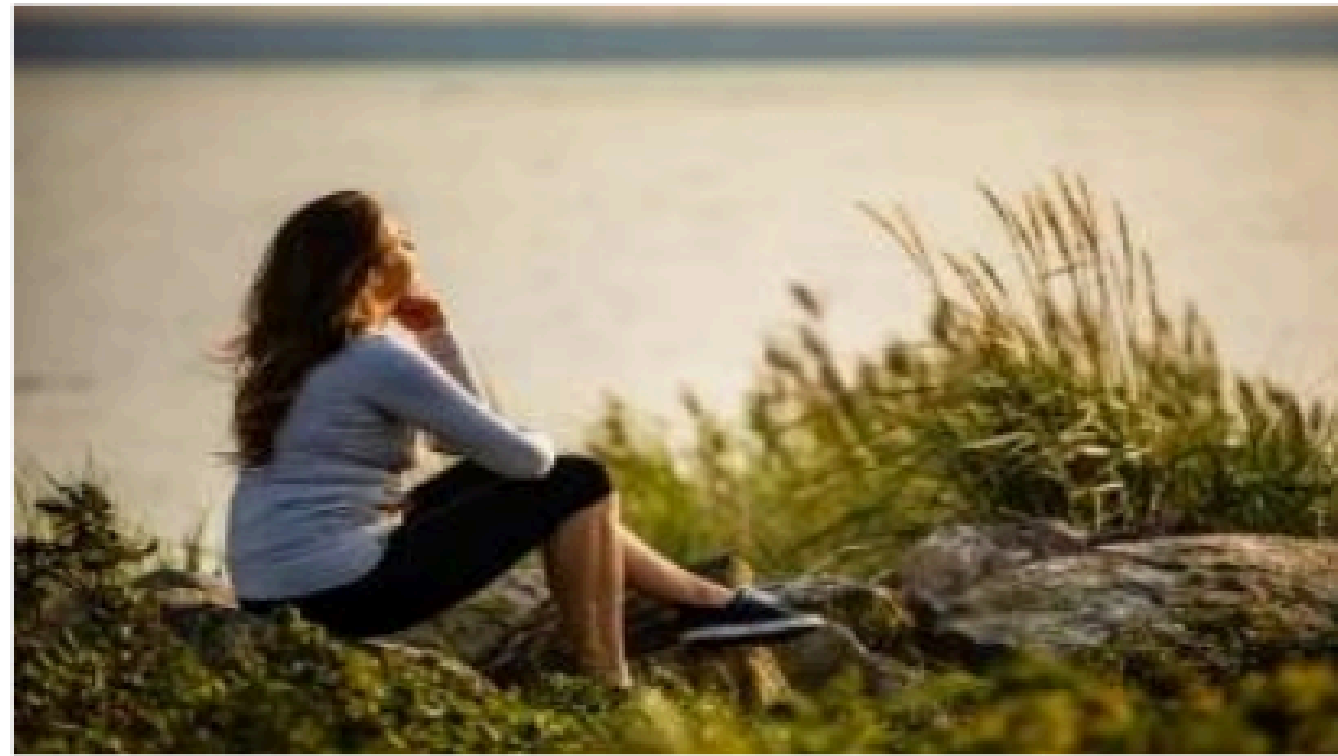
The course introduces the concept and practice of mindfulness, by increasing awareness of living in the present moment. It will help you to:

- manage stress
- increase resilience
- strengthen relationships
- cultivate a balanced lifestyle.

How can I take part? Please contact the Children and Families Hub team on 01534 519000, or email childrenandfamilieshub@gov.je.



BACK TO MENU



Time to Pause in Nature

This 6-week course is for parents and carers of children aged up to 18 years. Each session will take place in a different location outdoors each week.

Time to Pause brings concepts of positive psychology to increase selfcare and wellbeing to parents. Time in nature is proven to:

- Increase a sense of calm and connection
- Improve mental health and wellbeing
- Create a sense of peace and gratitude
- Give space to be kind to ourselves and flourish

How can take part? Please contact the Children and Families Hub team on 01534 519000, or email childrenandfamilieshub@gov.je.



BACK TO MENU



New Forest Parenting Programme

This a 6-week course is for parents and carers of children aged 3-11 who have a diagnosis of ADHD or have ADHD type behaviours.

This course will help you improve your knowledge of ADHD and how it affects your child.

You will meet other parents on the course and will learn ways to help you:

- accept and celebrate your child as they are
- managing difficulties and reduce your stress as a parent
- support your child to build their skills

In person at the Bridge (6pm-8pm)

Tuesday evenings: 7 January to 11 February

Online via Zoom (6.30-8.30pm)

Monday evenings: 6 January to 10 February | 24 February to 31 March

Wednesday evenings: 8 January to 12 February | 26 February to 2 April

How can I take part? Please contact the Children and Families Hub team on 01534 519000, or email childrenandfamilieshub@gov.je



BACK TO MENU

• Wednesday: 8 January to 12 February
• Wednesdays: 26 February to 2 April
• 6pm to 8pm
• The Bridge, Le Geyt Road, St Saviour

ADHD

**Teens
12+**

New Forest Parenting (Teens)

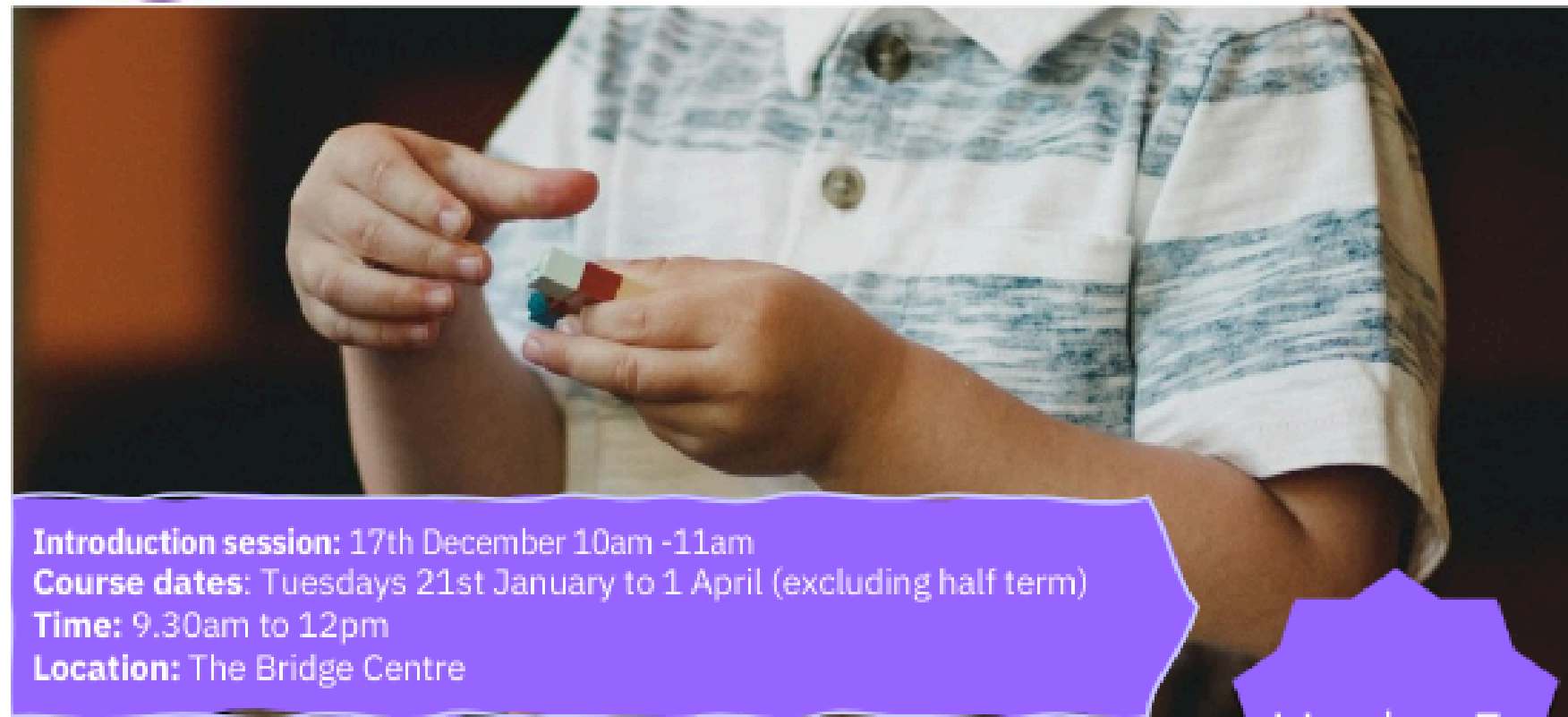
This 6 week course is delivered face to face and is for parents and carers of children with an ADHD diagnosis or who show ADHD type characteristics. The course aims to improve your knowledge of ADHD and how it affects your teenager. On the course you'll meet other parents and learn ways to help you:

- accept and celebrate your child as they are
- support your child to build their skills
- manage difficulties and reduce your stress as a parent
- understand how physiological and neurological changes in adolescence interact with ADHD behaviours

How can I take part? To join, contact the Children and Families Hub team on **01534 519000** or email childrenandfamilieshub@gov.je.



BACK TO MENU



Introduction session: 17th December 10am -11am
Course dates: Tuesdays 21st January to 1 April (excluding half term)
Time: 9.30am to 12pm
Location: The Bridge Centre

Under 5s

The National Autistic Society's EarlyBird

The National Autistics Society's EarlyBird is a post diagnostic support programme for parents and carers of children aged up to 5 years old who have a diagnosis of Autism.

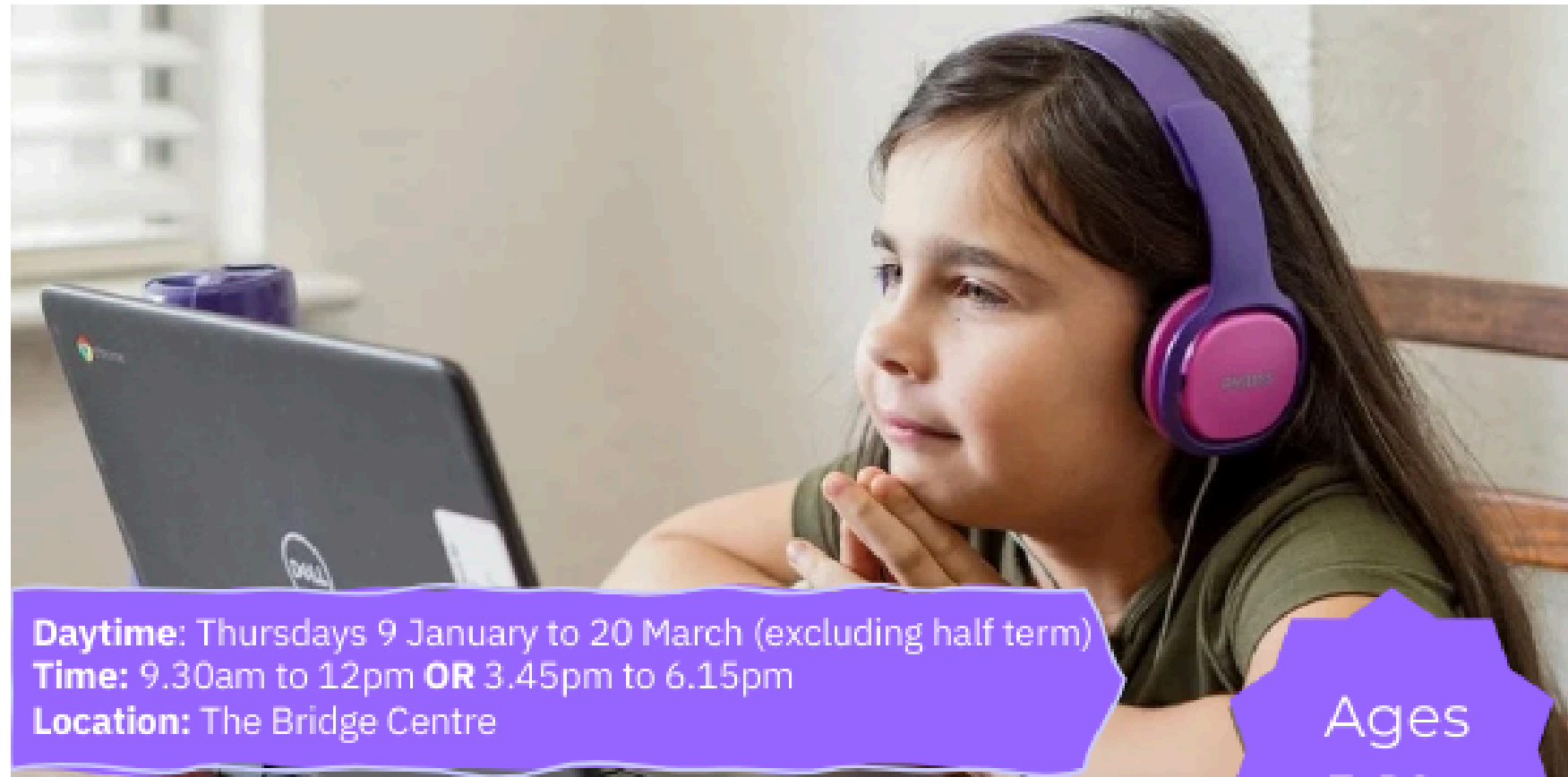
During this 10 week programme, you will learn more about autism, and discover new ways to support your child, following a diagnosis. It will give you a chance to meet other parents and share your experiences. You will learn ways to help you:

- understand sensory difference
- develop basic play and social skills
- improve communications and support interactions
- understand and support your child's behaviour

How can I take part? To join or find out more details, contact the Children and Families Hub team on 01534 519000, or email childrenandfamilieshub@gov.je



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Daytime: Thursdays 9 January to 20 March (excluding half term)
Time: 9.30am to 12pm **OR** 3.45pm to 6.15pm
Location: The Bridge Centre

Ages
5-10

The National Autistic Society's EarlyBird Plus

The National Autistics Society's EarlyBird Plus is a post diagnostic support programme for parents and carers of children aged 5-10 years who have a diagnosis of Autism.

During this 10 week programme, you will learn more about autism, and discover new ways to support your child, following a diagnosis. It will give you a chance to meet other parents and share your experiences. You will learn ways to help you:

- understand sensory difference
 - develop basic play and social skills
 - improve communications and support interactions
- Understand and support your child's behaviour

How can I take part? To join or find out more details, contact the Children and Families Hub team on 01534 519000, or email childrenandfamilieshub@gov.je



BACK TO MENU



Teens
10-16

National Autistic Society Teen Life

The Teen Life Programme is a six-week group course for parents and carers of young people who are on the autism spectrum.

The programme aims to support you as a parent or carer to understand more about how autism is experienced by autistic teenagers. It will discuss useful strategies and share ideas of how to support an autistic young person through their teenage years.

Who is it for? The Teen Life programme is for families whose child or teenager is aged between 10-16 years old with a diagnosis of autism. Sessions can be attended by parents/carers with a supporting professional.

How can I take part? Please contact the Children and Families Hub team on 01534 519000, or email childrenandfamilieshub@gov.je