

# The Parenting Team service

Are you struggling to manage your child's behaviour?

Are you worried about your child?

Would you find it beneficial to meet with other parents who are feeling the same way and to look at some ideas which may help your family make changes?

**We offer a wide range of courses and workshops (during the day and evening) with the aim of supporting you to make positive changes within your family in a safe and friendly environment.**

## Triple P Workshops

**2 hour (virtual) session held in Brighton & Hove**

- These are a range of one-off sessions for parents/carers that you can easily access by following this link and booking your place;  
<https://www.brighton-hove.gov.uk/content/children-and-education/childcare-and-family-support/triple-p-parenting-workshops>

## Triple P Parenting Skills Course

**These run for 8 weeks for 2 hours per week (some are evenings and some daytime) these are currently run as virtual group sessions via Zoom.**

- These groups are for parents who have a range of issues they are concerned about in regards to their child.
- We run course each term for 3 age ranges: Under 9's, 'Tween' (9 – 12) and Teen (12+)
- We will be looking at a practical toolkit of ideas to try out at home

## Separated Parents Course

**These run for 6 weeks for 2 hours per week (some are evenings and some daytime) these are currently run as virtual group sessions via Zoom.**

Recent research has shown that parenting strategies are more effective when parents have worked to address the conflict in their relationship first.

- We focus on improving communication, managing strong emotions and learning coping skills.
- When completed, parents have the option to flow straight into Parenting Skills course.

**To access these courses please talk to your schools safeguarding lead who will contact us on your behalf**