

Together for Families Parenting

Parenting Workshops

April - August 2024



Solihull – Understanding your Child

- Early Years (ages 1-3)
- Primary Years (ages 4-8)
- Transition Years (ages 9-11)

Workshop Description

Delivered over 10 weeks, each weekly session is 2-hours.

This is an evidence-based workshop that covers topics such as:

- How your child develops
- Understanding how your child is feeling
- Tuning into what your child needs
- Responding to how your child is feeling
- Different styles of parenting
- Having fun together
- The rhythm of interaction
- Why is sleep important?
- Self-regulation and anger
- Communication and tuning in
- Looking back and looking forwards

Workshop Dates

Countywide – VIRTUAL		
Ages 1-3	Mondays 18:00-20:00	22.04.24-08.07.24 Virtual MS Teams
Ages 1-3	Wednesdays 09:30-11:30	05.06.24-07.08.24 Virtual MS Teams
Ages 4-8	Tuesdays 12:30-14:30	23.04.24 – 25.06.24 Virtual MS Teams
Ages 4-8	Mondays 18:00-20:00	03.06.24-05.08.24 Virtual MS Teams
Ages 9-11	Thursdays 12:30-14:30	02.05.24-11.07.24 Virtual MS Teams
Ages 9-11	Wednesdays 18:00-20:00	08.05.24-17.07.24 Virtual MS Teams
East		
Ages 4-8	Mondays 09:30-11:30	13.05.24-22.07.24 Wadebridge Family Hub
Ages 9-11	Tuesdays 12:30-14:30	30.04.24-09.07.24 Launceston Family Hub
Mid		
Ages 1-3	Tuesdays 12:30-14:30	04.06.24-06.08.24 St Austell Family Hub
Ages 4-8	Thursdays 12:30-14:30	02.05.24-11.07.24 Newquay Family Hub
Ages 9-11	Fridays 09:30-11:30	10.05.24-12.07.24 The Park Family Hub
West		
Ages 1-3	Thursdays 09:30-11:30	02.05.24-11.07.24 Gooseberry Bush Nursery
Ages 4-8	Wednesdays 09:30-11:30	08.05.24-17.07.24 Helston Family Hub
Ages 9-11	Mondays 12:30-14:30	13.05.24-22.07.24 Penzance Family Hub





Parents Plus Adolescent Programme

Workshop Description

Delivered over 9 weeks, each weekly session is 2-hours.

This is an evidence-based workshop that covers topics such as:

- Understanding teenagers
- Pressing the pause button
- Getting to know your teenager
- Establishing rules with teenagers
- Connecting with your teenager
- Communicating rules positively
- The power of encouragement
- Using consequences
- Active listening
- Creating a discipline plan
- Empowering teenagers
- Dealing with conflict and aggression
- Problem solving with teenagers
- Establishing routines
- Family problem solving
- Parent self-care

Workshop Dates

Countywide - VIRTUAL		
Ages 12-18	Wednesdays 18:00-20:00	01.05.24-26.06.24 Virtual MS Teams
Ages 12-18	Mondays 09:30-11:30	03.06.24-29.07.24 Virtual MS Teams
East		
Ages 12-18	Thursdays 09:30-11:30	02.05.24-04.07.24 Saltash Family Hub
Ages 12-18	Mondays 12:30-14:30	13.05.24-15.07.24 Wadebridge Family Hub
Mid		
Ages 12-18	Fridays 12:30-14:30	19.04.24-21.06.24 The Park Family Hub
Ages 12-18	Mondays 12:30-14:30	13.05.24-15.07.24 Newquay Family Hub
West		
Ages 12-18	Tuesdays 12:30-14:30	28.05.24-23.07.24 Penzance Family Hub
Ages 12-18	Wednesdays 12:30-14:30	05.06.24-31.07.24 Helston Family Hub





Supporting Healthy Relationships

Me You and Baby Too (MYBT) Workshop Description

Delivered over 3 weeks, each weekly session is 2-hours.

A course for all new or expectant parents/carers:

- What your baby picks up on
- How to support each other
- How arguments start, and how to manage them constructively

Arguing Better (AB) Workshop Description

Delivered over 3 weeks, each weekly session is 2-hours.

A course for all parents/carers with a child of any age:

- How to support each other
- How arguments start, and how to manage them constructively
- Impact on children

Getting it Right for Children (GIRFC)

Workshop Description

Delivered over 3 weeks, each weekly session is 2-hours.

A course for separating or separated parents/carers:

- How to stay calm and listen
- Seeing things differently
- Finding solutions and making compromises

MYBT Workshop Dates

Countywide – VIRTUAL		
Ages pre-birth – 12months	Wednesdays 09:30-11:30	17.04.24-01.05.24 Virtual MS Teams
Ages pre-birth – 12months	Thursdays 18:00-20:00	04.07.24-18.07.24 Virtual MS Teams

AB Workshop Dates

Countywide – VIRTUAL		
Ages 1-19	Thursdays 18:00-20:00	02.05.24-16.05.24 Virtual MS Teams
Ages 1-19	Tuesdays 12:30-14:30	02.07.24-16.07.24 Virtual MS Teams

GIRFC Workshop Dates

Countywide – VIRTUAL		
Ages 0-19	Fridays 09:30-11:30	19.04.24-03.05.24 Virtual MS Teams
Ages 0-19	Thursdays 18:00-20:00	06.06.24-20.06.24 Virtual MS Teams



How to access

Parents/carers or professionals can access the parenting offer by visiting www.cornwall.gov.uk/parenting.

Parents/carers or professionals will be able to self-book onto workshop using the parenting booking portal, which can be found at the above website. If a family requires targeted or specialist support, an Early Help Request for help should be made via the [Early Help Hub](#).

If parents/carers or professionals would like support booking themselves or a parent/carer onto a workshop, they should contact the Early Help Parenting Team using the contact details below. An advice line will be available Monday – Friday, 9am - 5pm to support queries.



Parenting Young People aged 12 - 18

SELECT A SERVICE

Take 3 - Virtual ☐

This is a 10-week series delivered virtually... [Read more](#)
Free • 2 hours

Take 3 - Bodmin Family Hub ☐

This is a Face-to-Face course delivered over... [Read more](#)
Free • 2 hours

Take 3 - Callington Family Hub ☐

This is a Face-to-Face course delivered over... [Read more](#)
Free • 2 hours

Take 3 - Hayle Family Hub ☐

This is a Face-to-Face course delivered over... [Read more](#)
Free • 2 hours



Supporting Healthy Relationships Workshops

SELECT A SERVICE

Me, You and Baby Too - Virtual - (30 Jan, 6 and 13Feb) ☐

This is a virtual series of 3 sessions running... [Read more](#)
2 hours

Me, You and Baby Too - St Austell Family Hub (20, 27 Feb and 5... ☐

This is a Face-to-Face series of 3 sessions ru... [Read more](#)
2 hours

Me, You and Baby Too - Penzance Family Hub (12, 19, and 26... ☐

This is a Face-to-Face series of 3 sessions ru... [Read more](#)
2 hours

Arguing Better - Virtual - (30 Jan, 6 and 13Feb) ☐

This is a virtual series of 3 sessions running... [Read more](#)
2 hours

ADD YOUR DETAILS

First and last name *

First and last name

Email *

Email

Address *

Address

Phone number *

Add your phone number

Notes

Add any special requests



Parenting children aged 0 to 11

SELECT A SERVICE

Virtual - Understanding your child (ages 1 to 3) ☐

This is a Virtual course delivered on Micros... [Read more](#)
2 hours

Understanding your child (ages 1 - 3) Bodmin Family Hub ☐

This is a Face-to-Face course delivered over... [Read more](#)
2 hours

Understanding your child (ages 1 - 3) Troon Family Hub ☐

This is a Face to Face course delivered over... [Read more](#)

Understanding your child (ages 1 to 3) The Park Family Hub ☐

This is a Face to Face course delivered over... [Read more](#)

Contact us

Email: parenting@cornwall.gov.uk

Call: 01872 324323

If you would like this information in another format please contact:

Cornwall Council, County Hall, Treyew Road, Truro TR1 3AY

Email: equality@cornwall.gov.uk Telephone: 0300 1234 100



www.cornwall.gov.uk