

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 range of parenting groups across Westminster, to suit family circumstances.

We look forward to welcoming new participants to our groups; 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 0-7yrs.

Circle of Security Group for parents of Teens (11+)

DATES	VENUE	WEEKS	ADDITIONAL INFO	CONTACT
Tuesdays 22nd January- 26th March (term time only) 9.30-11.30am	Queens Park Children's Centre 88 Bravington Road W9 3AL	8 Weeks	Free group for parents with children 0-5 yrs Crèche provided. Limited spaces so book early.	Helen Brown: 0208 969 5835 Alternately email hchinfatt@dorothygardner.co.uk for a referral form
Fridays 25th January – 5th April (term time only) 10.15-11.45am	St Mary's Church, Wyndham Place, London W1H 1PP	8 Weeks	Group for parents of any age children Suggested donation of £100 per person. If you would like to take advantage of the crèche, the cost is £5 per session.	Kate Logan 020 7258 5040 katie.logan@thecentrelondon.com
Mondays 4th Feb- 1st April (term time only) 7.30-9.00 pm	255 Old Marylebone Road, London NW1 5QT	8 weeks	Group for parents of Teens (11+) Suggested donation of £100 per person.	Kate Logan 020 7258 5040 katie.logan@thecentrelondon.com

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 years.

DATES	VENUE	WEEKS	ADDITIONAL INFO	CONTACT
Wednesdays 14 th Nov –19 th Dec 10am -12pm	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 15 th Jan- 20 th March (term time only) 1-3pm	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

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 children and teenagers. Triple P Teen is a programme delivered for parents of 11 to 16 year olds.

DATES	VENUE	WEEKS	ADDITIONAL INFO	CONTACT
Wednesdays 14 th Nov –19th Dec 1-3pm	Westminster Children's Service, 4 Frampton Street, NW8 8LF	8 Weeks	Aimed at parents with children over 11yrs + No Crèche.	Shofa Miah 0207 641- 3010 smiah@westminster.gov.uk

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 17 th January to May 1pm- 3pm	Westminster Children’s Service, 4 Frampton Street, NW8 8LF	12 weeks	Parents attended the groups are invited to remain involved after the course finishes. A graduate parents group is expected to begin May 2019	Bridie Collins 07534173855 bcollins@westminster.gov.uk
Thursdays 17 th January to May 5.30- 7.30pm	Bessborough Family Hub, Bessborough street, SW1V 2JD	12 weeks	Parents attended the groups are invited to remain involved after the course finishes. A graduate parents group is expected to begin May 2019	Bridie Collins 07534173855 bcollins@westminster.gov.uk
January- May	Beachcroft AP Academy, 35 Finchley Rd, , NW8 0NW	12 weeks	Parents attended the groups are invited to remain involved after the course finishes. A graduate parents group is expected to begin May 2019	Bridie Collins 07534173855 bcollins@westminster.gov.uk
Fridays 18th January to May 10am-12pm	YOT, 36c Oxford Gardens, W10 5UQ	12 weeks	Parents attended the groups are invited to remain involved after the course finishes. A graduate parents group is expected to begin May 2019	Bridie Collins 07534173855 bcollins@westminster.gov.uk

Parents as Partners

Parents as Partners is a course for both parents to attend. It support parents in strengthening their relationship with each other, so they are more able to face life's difficulties and parent/ co-parent effectively.

DATES	VENUE	WEEKS	ADDITIONAL INFO	CONTACT
Tuesdays 26 th Feb (term time only) 5.30-7.30 pm	Bessborough Family Hub, 1 – 7 Bessborough Street, SW1V 2JD	16 Weeks	A safe space for couples and co-parents to work out how to move forward if things have been difficult. Limited crèche spaces available.	Shofa Miah 0207 641- 3010 smiah@westminster.gov.uk

Strengthening Families Strengthening Communities

The Strengthening Families Program is a 13-session, evidence-based parenting skills, children's social skills, and family life skills training program aimed at families whose children are 0-12 years.

DATES	VENUE	WEEKS	ADDITIONAL INFO	CONTACT
Mondays Starting 19th November 2018 - 11th March 2019 (term time only) 10.00-1.00pm	Paddington Arts, 32 Woodfield Road, London W9 2BE	13		Jade Briant 07841 903 289 jade@racefound.org.uk To book http://bit.do/SFSC-Westminster
Mondays Starting 7th January - 1st April 2019 (term time only) 9.30-12.30pm	Bessborough Family Hub, Bessborough street, Westminster, SW1V 2JD	13		Jade Briant 07841 903 289 jade@racefound.org.uk To book http://bit.do/SFSC-Westminster

Dream Arts Family Express

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	Various venues across Westminster		Families with children aged 7-12. Supporting and strengthening family relationships using arts and play. Spend quality time with your children in a supportive environment	Sharon Burns Or Anne-Marie Phone / Text / WhatsApp 07984 463 405 (type FASP and your name) annemarie@dreamarts.org.uk