

Dates for your Diary

Come & Play

18.01.2025

Chinese New Year

Assembly

31.01.2025






Half term

17.02.2025

Understanding Your Teen

Adolescents feel like a great mystery to their parents, often left wondering what they get up to when they close their bedroom doors once they get back from school, or simply what they are thinking

The session will cover:

-  Child and adolescent emotional development
-  Understanding your child better
-  Empathising with your child
-  Adolescent emotional and mental health
-  A chance to have your questions answered

Tuesday 21st
January 2025
10:30am-12:30pm
via MS Teams

Delivered by
Sabrina Meakins
Counsellor & Psychotherapist

The session is aimed at parents/carers of young people aged 12-18

Parenting Workshops - Spring Term 2025

To book your place, please email parentingserviceadmin@ealing.gov.uk with your full name, email and mobile number

Date	Workshop Details
<p>Understanding Your Teenager 21st January 10:30am-12:30pm</p>	<p>The session will cover: Child and adolescent emotional development Understanding your child better Empathising with your child Adolescent emotional and mental health. The session is aimed at parents/carers of young people aged 12-18</p>
<p>Domestic Abuse, Parenting & You 28th January 10am-12pm</p>	<p>This session aims to support parents and carers to recognise domestic abuse, and to better understand the impact that abusive relationships can have on children and young people. We will discuss how experiencing domestic abuse can affect parenting, and where you can find support locally. This workshop offers a confidential space to have your questions answered.</p>
<p>Fatherhood and emotions 4th February 10am-12pm</p>	<p>Men's only workshop Join us for an empowering workshop designed for fathers to explore the connection between emotional openness and strength. Learn how embracing your emotions can deepen your relationships, enhance your parenting, and create a positive legacy for your children. Together, we'll challenge outdated stereotypes, build emotional resilience, and celebrate the power of vulnerability in fatherhood. Step into your full potential as a father and a man.</p>
<p>Self-harming awareness 11th February 10:30am-12:30pm</p>	<p>It can be hard for parents and carers to know how to respond to self-harm. This session aims to offer an understanding of what self-harm is and why young people self-harm, while also supporting your own wellbeing. The session is aimed at parents/carers of young people aged 12-18</p>