

Tandridge Family Centre

Hurst Green Infant School, Wolfs Wood, Hurst Green, Oxted, Surrey, RH8

Exciting New Courses for Families and Children in the Tandridge Area.

What We Offer!

Parenting Puzzle Course - We are able to offer a 4 week online course or a 10 week in person group. The courses are designed to encourage parents and careers to enjoy bringing up children and get the best out of family life. It will help families have strategies to manage behaviour.

Talking Teens Parenting Group— A 4-week group to help support parents improve and support their relationship with children starting adolescence. Encouraging positive relationships between parents and their children and giving more understanding about the teenage brain. The group helps parents with strategies to resolve conflict.

Managing emotions— (School aged children) A 6-week programme to support parents in building their children's self-regulation skills and to manage their emotions. The first session will be a parent only Webinar to help parents understand how the brain functions and stress triggers. The remaining 5 session will be an in person play based group with interactive activities with their child to help develop self-regulation.

Freedom Programme— A 12-week course for women who have experienced domestic abuse.

Early Communication Workshop— A 6-week course designed to help develop language and communication skills in children aged **24 months to 5 years**.

Rainbow Group —A sensory stay and play group filled with activities for children with SEND (**Pre-School Children**) Siblings welcome! Supported by the Early Support team, who are available to offer help and advice.

GroBrain —A short course to help with bonding and attachment for expectant parents and parents with children up to the age of 1 year old.

Time to Nurture — An informal group for parents or careers to come and play and relax with their baby from 0—24 months. Tea and Biscuits Provided!

If you need anymore information or would like to make a referral please email— TandridgeFamilyCentre@barnardos.org.uk

