



# PARENTING WORKSHOPS

**TUESDAY**

**13**

**JUN**

## **Reducing the Impact of Parental Conflict on Children - Part 1**

Conflicts are regular occurrence in life, however, intense conflict between parents can have a negative impact on children. This workshop explores types of conflict, causes of conflicts in families, the impact on children and practical steps that parents could take to reduce conflict and the impact of conflict on their children

**TUESDAY**

**20**

**JUNE**

## **Reducing the Impact of Parental Conflict on Children - Part 2**

The second part of this workshop gives parents/carers a chance to reflect of the knowledge they gained in part 1, and to discuss any of the techniques that they were able to put into practice.

There is also the chance to have any outstanding questions answered

**TUESDAY**

**4**

**JULY**

## **Domestic Abuse and the Impact on Children and Young People**

This workshop will support parents/cares to develop an understanding of how to recognise the impact/effects of domestic abuse on children & young people, and offers an insight into how domestic abuse can have an impact on parenting ability. We offer information on local support available, and the space ask questions in confidence

**TUESDAY**

**11**

**JULY**

## **Tips on Reducing Parental Conflict**

This session is designed for parents/carers who are experiencing conflict in daily life, and is suitable for people who are still in a relationship, as well as those who are separated. We offer the opportunity to gain awareness on the impact of conflict on children & young people, and to learn practical strategies to manage emotions

**TUESDAY**

**5**

**SEPTEMBER**

## **Playful Interactions**

This workshop will help parents to explore their inner child as a means of connecting and communicating to children through playful interactions.

This workshop is aimed at parents/carers of children and young people of all ages





EALING  
PARENTING  
SERVICE

# PARENTING WORKSHOPS

TUESDAY

26

SEPTEMBER

## Building Healthier Relationships - Part 1

Healthy relationships with family members can enhance your life, but they take time to build and need work to keep them healthy.

This workshop looks at ways to improve your family connection  
This workshop is aimed at parents/carers of children and young people of all ages

TUESDAY

3

OCTOBER

## Building Healthier Relationships - Part 2

The second part of this 2-part workshop which looks at ways to improve your family connection, with feedback from the techniques discussed in the first session.

This workshop is aimed at parents/carers of children and young people of all ages

TUESDAY

17

OCTOBER

## Speech and Language

This session is offered by Ealing's Speech and Language Therapy team, and will look at how parents/carers can support and promote a child's speech development and to improve communication, and how to find support if you have any concerns

This workshop is suitable for parents/carers of children and young people of all ages