

Courses for Parents

In this section you will find information on a variety of courses to support parents and families provided by the local authority, schools and community groups.

Havering College are running a series of free courses for parents covering the following:

- Raising confident children
- Understanding challenging behaviour
- Support families and young people with healthy relationships
- Supporting families with anxiety
- Supporting families with autism
- Supporting families with ADHD
- Supporting families with emotional wellbeing
- Awareness of the risks of gaming and gambling online

Enquire at AdultCollege@havering.gov.uk or call 01708 434955

[Click here for the course details and booking](#)



Havering Child and Adolescent Mental Health Services (CAMHS) offer help to children and young people who are experiencing emotional, behavioural or mental health difficulties. Our services are available to families with children and young people from birth to their 18th birthday: <https://www.nelft.nhs.uk/havering-camhs>. The referral form can be found here: <https://www.nelft.nhs.uk/services-havering-camhsclinicians>. Please send completed forms to: referralsacorncentre@nelft.nhs.uk

Mental Health Direct is a free NHS service for residents in Barking and Dagenham, Havering, Redbridge, Waltham Forest, Essex and Kent & Medway providing urgent mental health help and advice in times of crisis on 0300 555 1000.

Add Up is a local support and action group, bringing families together and promoting public and professional awareness of ADHD. No formal diagnosis needed. For latest updates in regards to COVID-19, please visit: <https://www.addup.co.uk/news>. For urgent support, the Add Up mobile is available Monday to Friday from 10am to 4pm - 07495573836. Website: <https://www.addup.co.uk>

Sycamore Trust supports the needs of individuals and families/carers for whom Autistic Spectrum Disorders and/or Learning Difficulties are a part of daily life. They offer a wide range of services to the people of Barking & Dagenham, Havering and Redbridge: www.sycamoretrust.org.uk/our-services. For more information, please email enquiries@sycamoretrust.org.uk or call 020 8517 9317. The Autism Hub in Romford's Liberty Centre is open Tuesday-Friday. For the latest updates visit <http://www.sycamoretrust.org.uk/latest/>

Positive Parents - Havering offer support for families of children with Special Educational Needs and Disabilities aged 0-25 in Havering. For more information call 07858 406933 / 01708 524627 or visit: www.positiveparentshavering.org.uk

Parent Surgery offer free one-to-one parenting advice and support sessions surrounding their children's behaviour. Please contact the parenting team on 01708 432636 or email parenting@havering.gov.uk

Wize Up provides a free confidential support service for children, young people and families with drug and alcohol concerns. Offers tailored advice, information, workshops and holistic support. For more information visit <https://www.changegrowlive.org/wize-up-havering>, call: 07884 996917 or email: wizeuphavering@cgl.org.uk

MindEd is free e-learning for mental health awareness and encouraging healthy minds. Available to parents/carers and professionals. All of MindEd is free and open access. To sign up, visit www.minded.org.uk

YGAM provide the tools and information to build digital resilience, educate and safeguard young people against problematic gambling and gaming. They have a parent's hub which aims to inform parents/carers of ways to build their children's resilience online and offline and educates parents/carers around gaming and gambling through the provision of resource. For more information, phone: 0203 837 4963, or visit www.ygam.org/

Havering Community Hub is an online hub for a range of activities, events, support and more for children, young people and adults in Havering. For more information visit www.haveringcommunityhub.com

Havering Adult College free family learning

01708 434955

enquiries-adultcollege@havering.gov.uk

<https://haveringadultcollege.co.uk/product/supporting-families-with-emotional-wellbeing/>



Supporting Families with Emotional Wellbeing

You will learn what is meant by the term 'mental health' and consider the definition and causes of mental health difficulties. You will also explore common perceptions of mental health difficulties and how stereotyping can affect people's perceptions. You will develop your knowledge of the rights of those who experience mental health difficulties and learn where appropriate support can be sought. You will also develop your awareness of cultural diversity within mental health issues.

Full Fee: Free

60+ Fee: Free

Concessionary Fee: Free

[Call us now to enrol](#)

[Start Date & Course Information](#)

[Choose an option](#)

<https://haveringadultcollege.co.uk/product/raising-confident-children/>

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Raising Confident Children

You will learn about raising confident children by understanding ways to value children as individuals, understand how to communicate with children to ensure they feel valued and outline behaviour that shows respect and value of children.

Full Fee: Free

60+ Fee: Free

Concessionary Fee: Free

[Call us now to enrol](#)

[Start Date & Course Information](#)

[Choose an option](#)

Category:

Tags: , , , , , ,

<https://haveringadultcollege.co.uk/product/supporting-families-with-autism/>



Supporting Families with Autism

In this course you will gain an introduction to autism, covering what is meant by 'autism', theories and diagnosis. You will also look at common misconceptions associated with autism and conditions that can co-occur with autism.

Full Fee: Free

60+ Fee: Free

Concessionary Fee: Free

[Call us now to enrol](#)

Start Date & Course Information

Choose an option

Category: Family Learning

Tags: April autism Evening families January June online

<https://haveringadultcollege.co.uk/product/understanding-challenging-behaviour/>



Understanding Challenging Behaviour

You will gain an understanding of how behaviour can be perceived as challenging and investigate the underlying issues that affect behaviour and the impact it can have on others.

Full Fee: Free

60+ Fee: Free

Concessionary Fee: Free

[Call us now to enrol](#)

Start Date & Course Information

Choose an option

Category: Family Learning

Tags: February April Behaviour challenging Families February

<https://haveringadultcollege.co.uk/product/9-weeks-family-learning-course/>



9-weeks Family Learning Course

3 X 3 week short courses: Raising Confident Children, Understanding Challenging Behaviour, Emotional Wellbeing

Full Fee: Free
60+ Fee: Free
Concessionary Fee: Free

[Call us now to enrol](#)

Start Date & Course Information

Choose an option

Category: Family Learning

Tags: behaviour, challenging, children, confident, emotional, Evening, January, May, morning, online, online, online, tuesday, understanding

<https://havingadultcollege.co.uk/product/awareness-of-the-risk-of-gaming-and-gambling-to-children/>



Awareness of the Risk of Gaming and Gambling to Children

You will develop an understanding of e-safety to safeguard children, families and yourself when using online technologies such as websites, games, social media and apps.

Full Fee: Free
60+ Fee: Free
Concessionary Fee: Free

[Call us now to enrol](#)

Start Date & Course Information

Choose an option

Category: Family Learning

Tags: awareness, children, friday, gambling, gaming, June, March, morning, online, risk



Supporting Families and Young People with Health Relationships

This is a fun and relaxed course that will help you feel more confident talking to your children about sex, relationships and growing up, encouraging you to understand the way children pick up all sorts of messages about sex from the media, their friends and the world around them.

Full Fee: Free

60+ Fee: Free

Concessionary Fee: Free

[Call us now to enrol](#)

[Start Date & Course Information](#)

[Choose an option](#)

Categories: [Family Learning](#)



Maths Skills For Life Units Entry Level 2 & 3

Short accredited courses to help you brush up on your maths skills. Each course focuses on a specific unit to be completed such as percentages, decimals, fractions, etc. There are no exams, but you will build a portfolio of evidence.

Full Fee: Free

60+ Fee: Free

Conc. Fee: Free

Download more information on this course, below.



Course Information: SFL814A/815A/816A - Maths Skills for Life Entry Level 2 and 3

1 file(s) 159.58 KB

[DOWNLOAD](#)



English & Maths Skills For Life Combined Entry 1

Short accredited courses to help you brush up on your English and maths skills at the same time. Each course focuses on a specific unit from both English and maths. There are no exams, but you will build a portfolio of evidence.

Full Fee: Free
60+ Fee: Free
Conc. Fee: Free

Download more information on this course, below.

 **Course Information: SFL811A/812A/813A - English and Maths Skills for Life Combined Entry Level 1** [DOWNLOAD](#)
1 file(s) 159.46 KB

[Call us now to enrol](#)

Start Date & Course Information

Choose an option

Categories: [English and Maths Dual](#), [English, Maths & ESOL](#)



English & Maths Skills For Life Combined Entry 1

Short accredited courses to help you brush up on your English and maths skills at the same time. Each course focuses on a specific unit from both English and maths. There are no exams, but you will build a portfolio of evidence.

Full Fee: Free

60+ Fee: Free

Conc. Fee: Free

Download more information on this course, below.

 **Course Information: SFL811A/812A/813A - English and Maths Skills for Life Combined Entry Level 1** [DOWNLOAD](#)
1 file(s) 159.46 KB

[Call us now to enrol](#)

[Start Date & Course Information](#)

[Choose an option](#)

Categories: [English and Maths Dual](#), [English, Maths & ESOL](#)