



Parenting Platform Courses/Workshops 23/11/22

For information on drop-ins, coffee mornings and peer support, groups for young people, additional needs support and agency support, please visit www.extrasupportforfamilies.co.uk
 Updates can be found on the Parents/Carers page.

COURSES and WORKSHOPS

Activity name	Activity details	Start Date	Venue	Who to contact
Managing Anxiety	This 7 week programme aims to help parents/carers manage their own and/or their child's anxiety. Within the course we examine what anxiety is and how it effects one's thoughts, feelings, body and behaviour. It explores how to interrupt the anxiety cycle by challenging negative thoughts and ways of managing the physical effects of anxiety.	From Thursday 19 th January 2023 10am - 12pm (7 weeks)	Jaywick Community Resource Centre, Brooklands Gardens, Jaywick, CO15 2JP	Extra - Support for Families 01255475001 admin@extrasupportforfamilies.co.uk
STOP	Stop is a 11 week programme which aims to support parents of children aged 11 - 16 in their relationship with their child and to help reduce family stress. STOP will help	From Monday 9 th January 2023 10am - 12pm (11 weeks)	Jaywick Community Resource Centre, Brooklands	Extra - Support for Families 01255475001 admin@extrasupportforfamilies.co.uk

	<p>parents: to understand why their teenager behaves as they do; have a greater awareness of peer influences on their teenager; to develop effective listening skills; to find ways to praise and encourage their teenager; to set limits for their teenager and reduce confrontation; be aware of the drugs available to teenagers and their effects; to find ways to talk about relationships and sex with their teenager; and last but not least, look after themselves as parents.</p>		<p>Gardens, Jaywick, CO15 2JP</p>	
<p>SWAN</p>	<p>This 11 week course is for parents of children who have additional needs. Within the course parent's individual challenges will be recognised and worked with to introduce positive parenting skills. The sessions will cover special time, developing social and emotional skills, effective praise, practical routines, coping with change, boundaries, natural and logical consequences and looking after yourself as a parent. There will also be sessions on keeping your child safe, avoiding peer pressure, building resilience and talking to your child about stranger danger.</p>	<p>From Tuesday 10th January 2023 12noon - 2pm (11 weeks)</p>	<p>Jaywick Community Resource Centre, Brooklands Gardens, Jaywick, CO15 2JP</p>	<p>Extra - Support for Families 01255475001 admin@extrasupportforfamilies.co.uk</p>
<p>Step By Step - Primary</p>	<p>Step by Step Primary is open to all parents of children aged 4-11 years. This 9 week programme aims to help parents develop positive relationships with their child; increase confidence in handling children's behaviour and help parents to make good links with their child's school. The topics covered are: being a parent; developing</p>	<p>Thursday 12th January 9:30-11:30am (9 Weeks)</p>	<p>White Hall Melbourne Rd, Clacton-on-Sea CO15 3SP</p>	<p>Extra - Support for Families 01255475001 admin@extrasupportforfamilies.co.uk</p>

	relationships through play; listening and talking; feelings; praise and rewards; routines, rules and limit setting; managing behaviour and problem solving.			
Mindfulness	This is a 6 week programme for parents/carers to help: build an understanding of the physical/emotional impact of anxiety and stress; explore concepts of mindfulness, relaxation and meditation; understand the benefits of mindfulness on health and emotional wellbeing; and offer ideas of mindfulness, relaxation and meditation to share with children.	From 22 nd February 2023 Via Zoom 10am - 12pm (6 weeks)	Zoom	Extra - Support for Families 01255475001 admin@extrasupportforfamilies.co.uk
ADHD Workshop (Online via Zoom)	This workshop will help parents/carers to understand Attention Deficit Hyperactivity Disorder (ADHD) and give tips on how to positively manage their children's behaviour	Thursday 23 rd March 2023 Via Zoom 10.30am - 12.30pm	Zoom	Extra - Support for Families 01255475001 admin@extrasupportforfamilies.co.uk
Transition to Secondary School		Wednesday 8 th February 2023 9.30am	Jaywick Community Resource Centre, Brooklands Gardens, Jaywick, CO15 2JP	Extra - Support for Families 01255475001 admin@extrasupportforfamilies.co.uk
Your Sensory child workshop	This workshop will help parents/carers to understand sensory processing difficulties experienced by their child and give tips on how to help them	Thursday 16 th March 2023 10am - 12.30pm	Jaywick Community Resource Centre, Brooklands Gardens, Jaywick, CO15 2JP	Extra - Support for Families 01255475001 admin@extrasupportforfamilies.co.uk

Assisted self-weigh	An opportunity for you to weigh your child and seek advice about your child's overall development and wellbeing.	Every Tuesday 10:00am - 11:30am	Jaywick Community Resource Centre, Brooklands Gardens, Jaywick, CO15 2JP	Extra - Support for Families 01255475001 admin@extrasupportforfamilies.co.uk
Parents 2b & Parents with young babies	Join us at a relaxed, friendly group where you can meet other parents & parents-to-be over a cuppa and biscuits. Information and support will be available on pregnancy and life with a small baby. Runs alongside Essex Child & Family Wellbeing Services assisted Self Weigh Clinic Collect any Home-Start issued shop vouchers or donations for you and baby.	Every Tuesday 10:00am - 11:30am	Jaywick Community Resource Centre, Brooklands Gardens, Jaywick, CO15 2JP	Extra - Support for Families 01255475001 admin@extrasupportforfamilies.co.uk
Walton SEN support group for parents/carers of children with additional needs	A supportive, friendly group for parents or carers of children with additional needs. Professional speakers will attend some sessions. Drinks and snacks are provided.	Last Wednesday of the month in term time 1:00pm - 2:30pm	Walton Community Centre, Standley Rd, Walton on the Naze CO14 8PT	Extra - Support for Families 01255475001 admin@extrasupportforfamilies.co.uk
Feel Good Friday	Join like-minded parents to help you to feel good! There will be refreshments, activities and monthly guest speakers to help you improve your emotional wellbeing.	Every Friday 10:00am - 11:30am	Jaywick Community Resource Centre, Brooklands Gardens, Jaywick, CO15 2JP	Extra - Support for Families 01255475001 admin@extrasupportforfamilies.co.uk
Friday Friends	Join like-minded parents to help you to feel good! There will be refreshments, activities and monthly guest speakers to help you improve your emotional wellbeing.	Every Friday during term time 10am - 12noon	St Nicholas hall Harwich	
Developing Resilience with InterAct	Introducing the idea of building resilience (managing the daily family pressures and stress), and using what we know, can help	From Wednesday 22 nd February 2023 10am - 1.30pm	Jaywick Community Resource Centre,	Extra - Support for Families 01255475001 admin@extrasupportforfamilies.co.uk

	<p>children and our selves to bounce back when life is particularly tough. Resilience is the ability to withstand and recover from stressful life challenges, strengthened and more resourceful. The course focuses on what it means to be a parent of a child/children and the particular challenges the family may face on a daily basis</p>		<p>Brooklands Gardens, Jaywick, CO15 2JP</p>	
<p>Youth Mental health First Aid with InterAct</p>		<p>From Thursday 16th January 2023 Via Zoom (4 weeks)</p>	<p>Zoom</p>	<p>Extra - Support for Families 01255475001 admin@extrasupportforfamilies.co.uk</p>
<p>InterAct: Short Breaks & Mental Health, Resilience & Wellbeing Training</p>	<p>InterAct supports young people aged 10-18 with Special Educational Needs and/or Disabilities (SEND) to get out and about in the community: so they can have fun, try new activities, make friends, and develop new skills, whilst also giving parents/carers a break. InterAct offers after-school & evening activities, with term-time groups in, Colchester, and Tendring District, and/or online. We go further afield for day trips & activities during school holidays.</p> <p>We also offer a portfolio of training courses and workshops which we deliver in a range of settings. We have over 20 years experience of working with organisations, young people & families and communities; of person centred approaches; and of emotional, mental health and wellbeing; providing us with invaluable experience in shaping our programme of training for practitioners, parents/carers and young people.</p>	<p>2 evening, term time sessions a week in Colchester, based at Stanway Youth Centre. Tuesday 6.30pm-8.30pm. This club combines centre based activities and trips out into the community. Colchester COZ Club Friday 5.30-8.30pm This club is largely centre based with a variety of activities ranging from crafts to cooking to karaoke nights. A weekly club in Clacton based at Green Lodge on a Wednesday from 6.30pm-8.30pm, combining centre based activities and outings around Clacton</p>	<p>You can access our quarterly Activity Programme at this link: https://www.interact.org.uk/children-young-people/short-breaks Clacton - Green Lodge, 180 Old Road, CO15 3AY Colchester - Stanway Youth Centre, Winstree Road, CO1 1BX</p>	<p>For information on our short breaks programme contact the young people team at youngpeopleteam@interact.org.uk or call 01245 608206</p> <p>For details of volunteer opportunities please contact volunteering@interact.org.uk</p> <p>For information on the InterAct suite of training contact Lesley.bailey@interact.org.uk</p>

Ukraine Support Drop-in / Coffee Morning	Friendship and support Support could include Housing, Benefits, English Classes,etc We will also have Signpost attending to provide support with Job Searching, CV Writing, Training opportunities etc.	Every Monday 9.30am - 11am	Community Café @ CVST Lunch Club 99 Carnarvon Road, Clacton CO15 6QA	Call CVST 01255 425692
Fuel Poverty Action Group	A New networking and focus group for community organisations to come together to share current projects, services, and ideas to support residents of Tendring with Fuel Poverty. Find out about funding opportunities, grants, Resources and Winter Warmth goodie bags.		CVST, Sams Hall, Imperial House, Rosemary Rd Clacton CO15 1NZ	Email lee.knight@cvstendring.org.uk to be included
First Aid Training		27 th October 22 15 th December 22 14 th January 23 9 th February 23 9 th March 23 9am - 4pm	CVST Sams Hall, Imperial House, Rosemary Rd Clacton CO15 1NZ	Must be booked Call 01255 425692 Or email Richard.perkins@cvstendring.org.uk
Virtual - Typical toddler behaviour	A two-week workshop looking at typical toddler behaviour covering tantrums, boundaries, routines, biting, bedtime, fussy eating, and sharing	Monday 1.30pm-2.30pm	Virtual	0300 247 0015
Healthy Family Drop In	An opportunity to speak to our Healthy Family Support Practitioners about your child's growth and development.	From 19 th July 10am - 12 noon	St James Delivery Site Unit 4, 30 Oxford Road, Clacton on Sea. CO15 3TB	0300 247 0015 Drop in

Virtual learning	Workshop to support managing expectations and the reality of becoming a new parent.	10:00am-12 noon	Virtual	Call to book a place on 0300 247 0015
Bump & Beyond - Youth Enquiry Service (YES)	A friendly relaxed group with different topics each week for young parents and their babies.	Tuesday 1.30pm-3.00pm	Hurlington Chambers Station Road, CO15 1SD	0300 247 0015
Face to face/virtual Talk Together	A course for parents and children focusing on speech and language support for children aged 18mth-3yrs.	Tuesday 1.30pm - 2.30pm	Sydney House Family Hub Maldon Way Clacton on Sea CO16 7PA	Call to book a place 0300 247 0015
Virtual - Bursting Bubbles	Play ideas /support for families who have a child with social, emotional or communication delay.	1:00pm - 2:00pm (Last Wednesday of the month)	Virtual	Call to book a place on 0300 247 0015
Virtual - Preparing for baby	Workshop to support managing expectations and the reality of becoming a new parent.	10:00am-12 noon	Virtual	Call to book a place on 0300 247 0015
Virtual/face to face - I Can Do It!	Weekly topics to support your child's development to be ready for school (for ages 3-5 years).	Wednesday	St James Delivery Site Unit 4, 30 Oxford Road, Clacton on Sea. CO15 3TB	Call to book a place on 0300 247 0015
Assisted Self Weigh		1 st Thursday of month		No need to book

	An opportunity to speak to our Healthy Family Support Practitioners about your child's growth and development.	10.30-11.45	St Osyth Village Hall, CO16 8PE	
Virtual Introducing Solids	Learn how you begin introducing solid foods to your baby.	Friday 10:00am- 11:00am	Virtual	Call to book a place on 0300 247 0015
Healthy Family Drop In	An opportunity to speak to our Healthy Family Support Practitioners about your child's growth and development	Friday 1.00pm - 2.00pm	St James Delivery Site Unit 4, 30 Oxford Road, Clacton on Sea. CO15 3TB	Drop in 0300 247 0015
Baby Beginnings	A 10-week programme to support you and your baby's learning & development in a fun way	Friday 1.00pm-2.00pm	St James delivery Site Unit 4, 30 Oxford Road, Clacton on Sea. CO15 3TB	Call to book a place on 0300 247 0015
Assisted Self Weigh	An opportunity to speak to our Healthy Family Support Practitioners about your child's growth and development.	Friday 12.00pm-2.00pm	Brightlingsea Library New Street CO11 1 AD	Call to book a place on 0300 247 0015
Virtual Toilet training support	One off workshop to support you with toilet training for your preschool child.	Friday 3.15pm-4.15pm	Virtual	Call to book a place 0300 247 0015
Circle of Support	A peer led support group for families with a child who has SEND.	1st and 3rd of the month Monday 9.30am- 10.30am	Sydney House Family Hub	Contact Tanya for details on 07547698082

			Maldon Way Clacton on Sea CO16 7PA	
Infant Massage	An enjoyable course to help build a bond with your baby through touch. Referral only	Monday 11.00am – 12.00noon	Sydney House Family Hub Maldon Way Clacton on Sea CO16 7PA	Referral only
Homestart Group	For children under 4 to play and engage in activities to encourage development.	Monday 1.00pm-2.00pm	Sydney House Family Hub Maldon Way Clacton on Sea CO16 7PA	Contact Hayley at Homestart to book. hayley.graham@homestartcjc.co.uk
Virtual-Typical Toddler Behaviour	Two week workshop looking at typical toddler behaviour covering tantrums, boundaries, routines, biting, bedtime, fussy eating, and sharing.	Monday 1.30pm-2.30pm	Virtual	Call to book a place 0300 247 0015
Virtual Ready, Steady Learn	A supportive 3-week child development programme	Tuesday 10.00am-11.00am	Virtual	Referral only
Healthy Family Drop In	An opportunity for you to weigh your child and seek advice about your child's overall development and wellbeing.	From 19 th July Tuesday 10.00am-11.30am	Jaywick Community Centre	Drop in
Bump & Beyond - Youth Enquiry Service (YES)	A friendly relaxed group with different topics each week for young parents and their babies -aged 25.	Tuesday 1.30pm-3.00pm	Hurlington Chambers Station Road, CO15 1SD	Drop in

Face to face/virtual Talk Together	A course for parents and children focusing on speech and language support for children aged 18mth-3yrs.	Tuesday 1.30pm - 2.30pm	Sydney House Family Hub Maldon Way Clacton on Sea CO16 7PA	Call to book a place 0300 247 0015
Antenatal Clinic		Wednesday 9.00am- 12.30pm	Sydney House Family Hub Maldon Way Clacton on Sea CO16 7PA	Appointments via Midwife only
Virtual Preparing for baby	Workshop to support managing expectations and the reality of becoming a new parent.	Wednesday 10:00am-12 noon	Virtual	Call to book a place 0300 247 0015
Baby Beginnings	A 10-week programme to support you and your baby's learning & development.	Wednesday 1.00pm - 2.00pm	Sydney House Family Hub Maldon Way Clacton on Sea CO16 7PA	Call to book a place 0300 247 0015
Healthy Family Drop In	An opportunity to speak to a practitioner about your child's growth and development.	Wednesday 1.00pm-3:00pm	Sydney House Family Hub Maldon Way Clacton on Sea CO16 7PA	Drop in
Virtual Bursting Bubbles		Last Wednesday of the month	Virtual	Call to book a place 0300 247 0015

	Play ideas /support for families who have a child with social, emotional or communication delay.	Wednesday 1:00pm - 2:00pm		
Virtual/face to face I Can Do It!	Weekly topics to support your child's development to be ready for school (for ages 3-5 years).	Wednesday	St James Delivery Site Unit 4, 30 Oxford Road, Clacton on Sea. CO15 3TB	Call to book a place 0300 247 0015
Healthy Family Drop In		Thursday 10.30am-11.45am 1 st Thursday of month	St Osyth Village Hall, CO16 8PE	Drop in
Butterflies	Explore mental health and other difficulties you may be facing. Delivered in partnership with Futures in Mind. Come along with or without your children.	Thursday 12.00noon - 2.00pm *Please note the last week of the month is a virtual session.	Sydney House Family Hub Maldon Way Clacton on Sea CO16 7PA	Call to book place 0300 247 0015
Virtual Talk Together	Our workshop for parents and children focusing on speech and language support for children aged 18mth-3yrs.	Thursday 1:00pm-2:00pm	Virtual	Call to book a place 0300 247 0015
Speech & Language Drop In	Drop in support for your child's speech and language development. Delivered by SALT.	Thursday 9-12 noon	Sydney House Family Hub Maldon Way Clacton on Sea CO16 7PA	Drop in
Virtual Toilet Training support	One off workshop to support you with toilet training for your preschool child.	Thursday 1.30pm - 2.30pm	Virtual	Call to book a place 0300 247 0015
		Friday 10:00am- 11:00am	Virtual	Call to book a place

Virtual Introducing Solids	Learn how you begin introducing solid foods to your baby.			0300 247 0015
Assisted Self Weigh	An opportunity to speak to our Healthy Family Support Practitioners about your child's growth and development.	Friday 10.00am-11.30am	Brightlingsea Library New Street CO11 1 AD	Call to book a place 0300 247 0015
First Time Parents	Our 6-week course for first time parents with a baby from 6 weeks old. Covering a range of topics and the opportunity to meet other new parents.	Friday 1.30pm-2.30pm	Sydney House Family Hub Maldon Way Clacton on Sea CO16 7PA	Call to book a place 0300 247 0015
<u>Harwich Library Delivery Site - Harwich Library, Kingsway, Harwich CO12 3JT</u>				
Assisted Self Weigh	An opportunity to speak to our Healthy Family Support Practitioners about your child's growth and development.	Monday 11.00am -3.00pm	Windmill Centre Mayes Lane Ramsey CO12 5EL	Call to book a place 0300 247 0015
Virtual Typical Toddler Behaviour	Two-week workshop looking at typical toddler behaviour covering tantrums, boundaries, routines, biting, bedtime, fussy eating, and sharing.	Monday 1.30pm-2.30pm	Virtual	Call to book a place 0300 247 0015
Virtual Ready, Steady Learn	A supportive 3-week child development programme.	Tuesday 10.00am-11.00am	Virtual	By referral only

Virtual Talk Together	A course for parents and children focusing on speech and language support for children aged 18mth-3yrs	Tuesday 1.30pm - 2.30pm	Sydney House Family Hub Maldon Way Clacton on Sea CO16 7PA	Call to book a place 0300 247 0015
Say Hi Family Walk	Join us for a leisurely 'walk and talk' to meet other families with children and make new friends.	Tuesday 10.30am-11.30am (Term time only)	Meet at the beach in Quay Street Manningtree, CO11 1AU	No need to book just pop along!
Assisted Self Weigh	An opportunity to speak to our Healthy Family Support Practitioners about your child's growth and development.	2 nd & 4 th Weds of month Wednesday 9.30am- 11.00am	Wivenhoe Library	Call to book a place 0300 247 0015
Assisted Self Weigh	An opportunity to speak to our Healthy Family Support Practitioners about your child's growth and development.	Wednesday 1.00pm -3.00pm	Harwich Library Delivery Site Harwich Library, Kingsway Harwich CO12 3JT	Call to book a place 0300 247 0015
Virtual Preparing for baby	Workshop to support managing expectations and the reality of becoming a new parent.	Wednesday 10:00am-12 noon	Virtual Harwich	Call to book a place 0300 247 0015
Baby Beginnings	A 10-week group to support you and your baby's learning & development.	Wednesday 10.00am- 11.30am	Harwich Library Delivery Site Harwich Library, Kingsway Harwich CO12 3JT	Call to book a place 0300 247 0015

Virtual Bursting Bubbles	Play ideas /support for families who have a child with social, emotional or communication delay.	Wednesday 1:00pm - 2:00pm (last Wed month)	Virtual	Call to book a place 0300 247 0015
Virtual I Can Do It!	Weekly topics to support your child's development to be ready for school.	Wednesday	Virtual	Call to book a place 0300 247 0015
First Time Parents	A 6-week course for first time parents with a baby from 6 weeks old.	Wednesday 3.15pm-4:15pm	Harwich Library Delivery Site Harwich Library, Kingsway Harwich CO12 3JT	Call to book a place 0300 247 0015
Fun Start delivered in partnership with Homestart Harwich	A group led by Homestart and a member of ECFWS. For all parents, /carers and their children up to 5 years. Numbers attending group have been capped to ensure the group remains safe and beneficial for everyone.	Thursday 10.00am-11.30am	Homestart Harwich St Nicholas Hall, Bathside. CO12 3HS	
Virtual Talk Together	Our workshop for parents and children focusing on speech and language support for children aged 18mth-3yrs.	Thursday 1:00pm-2:00pm	Virtual	Call to book a place 0300 247 0015
Virtual Introducing Solids	Learn how you begin introducing solid foods to your baby.	Friday 10:00am- 11:00am	Virtual	Call to book a place 0300 247 0015
Assisted Self Weigh	An opportunity to speak to our Healthy Family Support Practitioners about your child's growth and development.	Friday 1.15pm -3.00pm	Manningtree Library High St Manningtree CO11 1AD	Call to book a place 0300 247 0015

Virtual Toilet training support	One off workshop to support you with toilet training for your preschool child.	Friday 3.15pm-4.15pm	Virtual	Call to book a place 0300 247 0015
eSafety training with the 2 Johns	Essex Child & Family Wellbeing Service and 'The 2 Johns' are pleased to offer FREE online parent workshops that will look at the online world, how our young people are using it and how to keep them safe. This includes : <ul style="list-style-type: none"> • Favourite apps and games • Dangers they face • How young people are being influenced online • Solutions that parents can adopt to help keep their children safe 	22 nd November 22 24 th November 22 28 th November 22 6 th December 22 7 th December 22 12 th December 22 14 th December 22 21 st December 22	Virtual	Call to book a place 0300 247 0015

<i>Sensory Group</i>	<i>For 0-5 year olds to come along and explore the multi-sensory room.</i>	<i>Last Thursday of each month 11:00-12:00</i>	<i>Shorefields School 114 Holland Road, Clacton-On-Sea, CO15 6HF</i>	<i>St James Children's Centre/ Natalie Pannell 01255 222503</i>
Lifestyle Coaches	Sign up free for support to make any lifestyle change whether that is Increasing physical activity (special gym prices or just motivational help) Quit smoking Healthy eating etc.	6 sessions - 1-1 - available at times to suit the client	Various venues across the whole of Essex	Provide Essex Lifestyles Service 0300 303 9988
Nursery provision - 2-5s	Free places for eligible 2 year olds and fee-paying places for 2-5s. Free places for 3-5s (15 - 30hrs depending on financial circumstances).	Every day - term-time. Core provision from 8.30-3.15pm with lunch club. £2.50 per hour additional hours. Flexible hours considered. Breakfast and after school clubs if sufficient demand	Sparkles and Little Stars Nursery	

Family learning courses	See White Hall Academy website for current courses		Food tech room or training room	
Play and Learn Group	A 10 week play and learn group suitable for pre-school children 1-4 years. The 10 week programme will offer support on Early Years development and School Readiness, providing a safe learning environment and to make friends.			<p>To register for a place email: office@homestartcolchester.org.uk or call 01206 854625</p>
FLASH stands for FLASH Families learning about self-harm programme.	FLASH is a set of 4 workshops for parents/carers of a young person aged 11-16 years. Who are using self-harm as a way of managing their difficult feelings or of coping.	<p>Saturday 24th September 2022: Exploring What is Self-harm, Reasons, Risks Saturday 8th October 2022: Understanding How to Listen and Raise Self-Esteem Saturday 22nd October 2022: Managing the Behaviour Within the Family Environment Saturday 5th November 2022: Coping Strategies for Parents</p>	Colchester town centre	<p>To apply for a place on the FLASH course please complete a parents referral form on line see www.theministryofparenting.com/parents .</p> <p>For further information or to talk to us to explore if this course is suitable for you, please email us at administration@theministryofparenting.com or call us on 01206 562626</p>
Incredible years ADHD programme	This is a group course for parents and carers of children aged 4-10 years old who have ADHD or ADHD traits. Any adult who has shared responsibility for bringing up a child can attend the group, including stepparents, grandparents and childminders. We welcome parents on their own or with their partners/adult family member.	Daytime groups (Tuesday) : 13th September 2022- December 2022 (Tuesday Mornings)9 am for coffee, 9.30 start and 11.30 am finish.	At St Anne's Community Centre, Colchester	<p>For further information or to talk to us to explore if this course is suitable for you, please email us at administration@theministryofparenting.com or call us on 01206 562626</p>



Waiting lists for parenting courses in Tendring are currently being held at EXTRA
on 01255 475001
email us admin@extrasupportforfamilies.co.uk
or visit our website www.extrasupportforfamilies.co.uk



@Extra2009



Extra Support for Families

Platform updates on the following areas are available on our website:

Drop-ins/coffee mornings

Groups for young people

Additional Needs support

Agency Support & Training

Please visit www.extrasupportforfamilies.co.uk and click on the Parents/Carers page.



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