

Groups and workshops

Summer 2026



Bringing Up Confident ADHD/ASD Children (6 weeks) Online group

Thursday 14th May to 25th June, 7pm - 9pm

If your child has ADHD/ASD, or you think they might, join our online 6-week group where you will receive support from other parents and gain a comprehensive understanding of ADHD/ASD and learn strategies to improve life at home and at school.

Less Shouting, More Cooperation (6 weeks) Online group

Wednesday 13th May to 24th June, 7pm - 9pm | Monday 1st June to 6th July 9.30am to 11.30am

Do you feel you are constantly nagging or shouting at your child to get what you need? Are you tired of losing your cool and want a calmer house? Join our free online 6-week group to learn how you can change the way you communicate with your child, respond better, and feel more in control.

Getting on with your Pre Teen / Teen (6 weeks) Online group

Friday 5th June to 10th July, 9.30am to 11.30am

Is your teen feeling anxious or isolated? Are you concerned about their mental health and struggling to get help? Join our free online 6-week online group to learn how parents can best emotionally support their teen and feel confident and prepared for whatever challenges might arise.

Sibling Rivalry Online Workshop

(Date to be confirmed)

This workshop provides parents/carers with practical strategies and tools to effectively foster positive sibling relationships, promote cooperation and manage conflicts between children.

Reducing Conflict Online Workshop

(Date to be confirmed)

This workshop is for parents/carers struggling with conflict within their family life and provides tools to promote a cooperative and collaborative approach to resolving the conflict.

Anxiety around ADHD Online Workshop

(Date to be confirmed)

This workshop helps parents/carers understand what ADHD is, why it makes sense for a child to be anxious if they have ADHD, strategies to help support you and your child, plus signposting to other support that is available.

All our programmes provide support, information and resources to parents/carers and adult family members in Hertfordshire so they can help their children reach their full potential. For more information about our programmes, please contact **Louise** on **0204 522 8700/8701** or email services@familylives.org.uk or scan the QR code for our online form.



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www.familylives.org.uk  @familyliveshertsandbeds

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