



# Parenting Programme Schedule

September to December 2021

## You and Me, Mum - Face to Face sessions 10 week programme available

You and Me, Mum is a programme for mothers who have experienced domestic abuse focussing on the impact on their role as mothers and the effects of domestic abuse on children. The programme empowers women to reflect on their parenting and make positive changes for them and their children to move forward following the abuse.

**Rockpool ACES - Virtual based on Adverse Childhood Experiences (ACES)** (which are stressful events occurring in childhood that can negatively influence how individuals live their lives.)

This programme aims to look at the impact of ACES on individuals and how this affects them and their children. It supports parents to develop the protective factors that helps mitigate the impact on the ACES experiences. Practical methods are explored to develop the resilience they need for themselves and their children. The course does not revisit the trauma but looks at how trauma effects our behaviour, activates triggers and influences our life choices.

Rockpool is taking place virtually, from 12th January 2022 for 10 weeks. This will be covering Adults and Children as well as a second course on Domestic Abuse. 10.00—11.30 am.

**You and Me, Mum taking place at Hilltop Children Centre, Cinderford - from Wednesday 12th January—23rd March 2022 (not including half term). 10.00—12.00**  
Please book via Family Information service



## Webster Stratton Incredible Years (3- 11yrs) 12 weeks

An evidence based parenting programme with a focus on strengthening parent-child interactions, nurturing relationships, reducing punitive discipline and fostering parents' ability to promote children's social, emotional and language development. The programme, aimed at children aged 3 to 11years, is founded on social learning theory.

To promote positive parenting  
improve parent-child relationships  
reduce critical and physical discipline and increase the use of positive strategies

help parents to identify social learning theory principles for managing behaviour  
improve home-school relationships

**Webster Stratton will be taking place at Hilltop Children Centre, Cinderford from Tuesday 11th January—5th April 2022 (not including half term) 9:30—11:30, Please book via the family information service.**

**To book a place on any of the above programmes or to make a referral into our service, please contact**

**Early Help Front Door (details below)**

**Call - 01452 328584**

**Email - [gloucesterearlyhelp@gloucestershire.gov.uk](mailto:gloucesterearlyhelp@gloucestershire.gov.uk)**

**Search - [www.glosfamiliesdirectory.org.uk](http://www.glosfamiliesdirectory.org.uk)**

# Barnardo's Children & Family Centres in Forest and Stroud:

Hilltop Children and Family Centre, Latimer Road,  
Cinderford, Gloucestershire, GL14 2QA

Tel: 01594 827595.

River Children and Family Centre, Naas Lane,  
Lydney, Gloucestershire, GL15 5AU

Tel: 01594 842589.

Stonehouse Park Children and Family Centre,  
Elm Road, Stonehouse, Gloucestershire,  
GL10 2NP

Tel: 01453 821012.

Treetops Children and Family Centre,  
School Road, Dursley, Gloucestershire,  
GL11 4NZ

Tel: 01453 545904.



## Barnardo's Targeted Family Support Service

Service Name: Forest and Stroud TFS Service

Manager: Helen Neill (CSM)

Believe in  
children  
Barnardo's

Forest and Stroud  
Targeted Family  
Support Service

Parenting  
Programme  
Schedule

January to April 2022