

Bristol based Parenting Menu On-line City-wide Courses Term 3 2020-21

Co-ordinated by the Families in Focus Parenting Team (FIFPT)

All courses are free, term time only unless stated and available to Bristol Parent/Carers

For further information visit our [Parenting courses page](#)

Online Course: Incredible Years: parents of children with challenging behaviour aged 3 to 10years

Start date: 26th January 2021

Length of course: 14 weeks

Day of course: Tuesday

Time of course: 10am to 12.15pm

Course provider: Families in Focus Parenting Team

Course platform: Zoom programme

Course enquiries: Vicky Mundy: 07464 989 849 or Vicky Collis: 07464 983 531

Email: victoria.mundy@bristol.gov.uk or vicky.collis@bristol.gov.uk

Online Course: Incredible Years: parents of children with challenging behaviour aged 3 to 10years

Start date: 28th January 2021

Length of course: 14 weeks

Day of course: Thursday

Time of course: 10am to 12.15pm

Course provider: Families in Focus Parenting Team

Course platform: Zoom programme

Course enquiries: Kauser Perveen: 07464 983 529 or Jessica Kelly: 0787 681 7116

Email: kauser.perveen@bristol.gov.uk or jessica.kelly@bristol.gov.uk

Online Course: Incredible Years: parents of children aged 3+years

Start date: 26th January 2021

Length of course: 12 weeks

Day of course: Tuesday

Time of course: 9.30 to 1.30am

Course provider: Sea Mills Children Centre

Course platform: Zoom programme

Course enquiries: Danielle Pring or Lisa Caltabiano: 0117 903 0740

Online Course: Incredible Years: parents and carers of children on the autism spectrum or with language delay aged 3+ years

Start date: 26th January 2021

Length of course: 14 weeks

Day of course: Tuesday

Time of course: 9.30 to 11.45am

Course provider: Families in Focus Parenting Team and Disabled Children Service

Course platform: Zoom programme

Course enquiries: Tasha Kirby 07464 510 313 or Amy Ruffley: 07464 989 850

Email: natasha.kirby@bristol.gov.uk

Online Course: Timid to Tiger: parents of children with anxiety aged 3 to 11 years

Start date: 12th January 2021

Length of course: 11 weeks

Day of course: Tuesday

Time of course: 7.30 to 9.15pm

Course provider: Families in Focus Parenting Team

Course platform: Zoom programme

Course enquiries: Denise Quilty: 0788 126 7126 or Lucy Dixon: 07827 305 457

Email: denise.quilty@bristol.gov.uk or lucy.dixon@bristol.gov.uk

Online Course: Timid to Tiger: parents of children with anxiety aged 3 to 11 years

Start date: 4th February 2021

Length of course: 10 weeks

Day of course: Thursday

Time of course: 10am to 12.15pm

Course provider: Families in Focus, Parenting Team

Course platform: Zoom programme

Course enquiries: Vicky Collis: 07464 983 531 or Rowan Stewart: 07552 289598

Email: vicky.collis@bristol.gov.uk or rowan.stewart@bristol.gov.uk

Online Course: Nurturing Programme: parents of children under 5 years

Start date: 26th January 2021

Length of course: 10 weeks

Day of course: Tuesday

Time of course: 9.30am to 11.30 am

Course provider: Central Bristol Children's Centre

Course platform: Zoom

Course enquiries: Karolina Regula or Khairun Miah: 0117 903 0337

Email: karolina.regula@bristol-schools.uk

Online Course: Parents Plus Adolescents Programme: parents of children and teens aged 10 to 17years

Start date: 27th January 2021

Length of course: 10 weeks

Day of course: Wednesday

Time of course: 10am to 12pm

Course provider: Families in Focus Parenting Team

Course platform: Zoom programme

Course enquiries: Lucy Dixon: 07827 305457 or Vicky Mundy: 07464989849

Email: lucy.dixon@bristol.gov.uk or victoria.mundy@bristol.gov.uk

Online Course: Parents Plus Adolescents Programme: parents of children and teens aged 10 to 17years

Start date: 11th February 2021

Length of course: 10 weeks

Day of course: Thursday

Time of course: 10am to 12.30pm

Course provider: Families in Focus Parenting Team

Course platform: Zoom programme

Course enquiries: Deborah Davis: 07880 179 204 or Natasha Kirby: 07464 510 313

Email: deborah.davis@bristol.gov.uk or natasha.kirby@bristol.gov.uk

Online Course: Non-Violent Resistance: parents of children aged 8 to 17years with violent, controlling or self-destructive behaviours

Start date: 27th January 2021

Length of course: 11 weeks

Day of course: Wednesday

Time of course: 9.30 to 11.45am

Course provider: Families in Focus Parenting Team

Course platform: Zoom programme

Course enquiries: Rowan Stewart: 07552 289598 or 0117 903 7770

Email: rowan.stewart@bristol.gov.uk

Online Course: Non-Violent Resistance: parents of children aged 8 to 17years with violent, controlling or self-destructive behaviours

Start date: 28th January 2021

Length of course: 11 weeks

Day of course: Thursday

Time of course: 12.15pm to 2.30pm

Course provider: Families in Focus Parenting Team

Course platform: Zoom programme

Course enquiries: Saf Cooper: 07760 990 850

Email: saf.cooper@bristol.gov.uk

Online Course: Strengthening Families Strengthening Communities: parents of children 0 to 18years

Start date: 12th January 2021

Length of course: 11 weeks

Day of course: Tuesday

Time of course: 9.30am to 11.30am

Course provider: Wellspring Settlement

Course platform: Zoom programme

Course enquiries: Sally Williams: 0117 9556971

Email: sallyw@bartonhillsettlement.org.uk

Check your Children's Centre to see what further on-line and face to face parenting support is being provided. This web tool will help you locate your nearest Centre: <https://www.bristol.gov.uk/schools-learning-early-years/childrens-centre>

If you are concerned about the well-being of a child please contact the **First Response Team: 0117 903 6444** or when offices are closed the **Emergency Duty Team: 01454 615 165**.

<https://www.bristol.gov.uk/social-care-health/reporting-concerns-about-a-child-first-response>

Autism Family Courses

NAS EarlyBird Programme: 3 month course for Parents and Carers of children with a diagnosis of autism under 5 years

Barnardo's Cygnet Course: 7 sessions for Parents and Carers of children with a diagnosis of Autism aged 5-8 years

The Teenage Life Autism Course: Parent information and Advice Course for Parents of Children ages 8-18 years

For more details on any of the Autism Family Courses

Web: <https://www.bristol.gov.uk/web/bristol-local-offer/support-for-parents-of-children-with-autism>

Contact: Menai Gore, Business Support Officer at the Family Learning and Family Support Hub

Tel: 07827 896 700

Email: autismfamilycourses@bristol.gov.uk

Other Online Parenting Courses, Advice and Telephone Coaching

Family Lives

Emotional support, information, advice and guidance on any aspect of parenting and family life:

Helpline: 0808 800 2222 (Monday to Friday: 9am to 9pm & Weekends 10am to 3pm)

E-mail: askus@familylives.org.uk

Web: Parenting Tips, Advice and Support: [Parenting and Family Support - Family Lives \(Parentline Plus\)](#)

Web: Online course for parents of children aged under 5y:

<http://www.familylives.org.uk/how-we-can-help/online-parenting-courses>

Netmums

Online parenting course based on the Nurturing Programme:

Web: [Netmums Parenting Course: What It Is And Where To Sign Up - Netmums](#)

NSPCC

Helpline: 0808 800 5000

Email: help@nspcc.org.uk

Web: Parenting Tips, Advice and Support: [Support for parents | NSPCC](#)

Web: Positive Parenting Guide (PDF): [Positive parenting \(nspcc.org.uk\)](#)

Wellspring Settlement

1:1 Telephone coaching and 5-week online parenting course based on Strengthening Families Strengthening Communities

Contact: Sally Williams

Tel: 0117 9556971

Email sallyw@bartonhillsettlement.org.uk

Web: [SPAN - Parent Support Team - Barton Hill Settlement](#)

Young Minds

Information and support on-line for parents concerned about their child's mental health:

Helpline: 0808 802 5544 (Monday to Friday: 9.30am to 4pm)

Web: <https://youngminds.org.uk/find-help/for-parents/>

FAMILIES IN FOCUS PARENTING TEAMS (FIFPT)

South Families In Focus Team:

Office:

The Park, Daventry Rd, Knowle, BS4 1DQ

Tel: 0117 903 7770

Email: familiesinfocussouth@bristol.gov.uk

Parenting Supervisor:

Saf Cooper

Tel: 07760 990 850

Email: saf.cooper@bristol.gov.uk

Parenting Specialists:

Rowan Stewart

Tel: 07552 289 598

Email: rowan.stewart@bristol.gov.uk

Vicky Mundy

Tel: 07464 989 849

Email: victoria.mundy@bristol.gov.uk

Vicky Collis

Tel: 07464 983 531

Email: Vicky.collis@bristol.gov.uk

Pauline Sparkes

Tel: 07464 907 637

Email: Pauline.sparkes@bristol.gov.uk

North Families In Focus Team

Office:

Ridingleaze, PO Box 3176, Bristol. BS3 9FS

Tel: 0117 352 1499

Email: familiesinfocusnorth@bristol.gov.uk

Parenting Supervisor

Deborah Davis

Tel: 07880 179 204

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Parenting Specialists

Gail Hunter

Tel: 07584 202 855

Email: gail.hunter@bristol.gov.uk

Jude Elias

Tel: 07919 397 634

Email: Judith.elias@bristol.gov.uk

Natasha Kirby

Tel. 07464 510 313

Email: natasha.kirby@bristol.gov.uk

East Central Families In Focus Team

Office:

Bristol Education Centre, Sheridan Road, Horfield, Bristol. BS7 0PU

Tel: 0117 357 6460

Email: familiesinfocuseastcentral@bristol.gov.uk

Parenting Supervisor

Denise Quilty

Tel: 07881 267 126

Email: Denise.quilty@bristol.gov.uk

Parenting Specialists

Karen Legge

Tel: 07384 243 765

Email: karen.legge@bristol.gov.uk

Chris Hardy

Tel: 07552 289 599

Email: chris.hardy@bristol.gov.uk

Lucy Dixon

Tel: 07827 305 457

Email: lucy.dixon@bristol.gov.uk

Kauser Perveen

Tel: 07464 983 529

Email: kauser.perveen@bristol.gov.uk

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