Bristol based Parenting Menu Online and In Person Citywide Parenting Programmes Term 1 – September 2026

Co-ordinated by the Family Help Parenting Team *(previously Families in Focus)*

All courses are free, term time only (unless stated) and available to Bristol Parents and Carers.
For further information visit our parenting courses page or the Bristol Family Hubs website.

Please be aware that there is a waiting list for all Family Help Parenting Team programmes. Please complete a referral form to be placed on the waiting list for a future programme:

Referral Form: Family Help Parenting Team - Evidence-Based Parenting Programmes Referral Form
Enquiries To: Parenting Support Team Administrators
Phone: 07721 311 497 **Email:** psso@bristol.gov.uk

In Person Course: Incredible Years: Parents of children with challenging behaviour aged 3 to 10 years

Start date: 17th September 2026
Length of course: 12 weeks
Day of course: Thursday
Time of course: 10am – 12.30pm
Course provider: Family Help Parenting Team
Course venue: Bishopsworth Children's Centre, Lakemead Grove, BS13 8EA
Course enquiries: Family Help Parenting Team: Referral Form

In Person Course: Incredible Years: Parents of children with challenging behaviour aged 3 to 10 years

Start date: 17th September 2026
Length of course: 12 weeks
Day of course: Thursday
Time of course: 9.45am – 12.15pm
Course provider: Family Help Parenting Team & North Family Hub
Course venue: Henbury Library, Crow Lane, Henbury, Bristol. BS10 7DR
Course enquiries: Family Help Parenting Team: Referral Form

In Person Course: Incredible Years: Parents of children with challenging behaviour aged 3 to 10 years

Start date: 25th September 2026
Length of course: 12 weeks
Day of course: Friday
Time of course: 10am – 12.15pm
Course provider: Family Help Parenting Team & East and Central Family Hub
Course venue: E/C Family Hub - TBC
Course enquiries: Family Help Parenting Team: Referral Form

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

Start date: 14th September 2026
Length of course: 12 weeks
Day of course: Monday
Time of course: 7pm – 9.30pm
Course provider: Family Help Parenting Team
Course platform: Zoom
Course enquiries: Family Help Parenting Team: Referral Form

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

Start date: 21st September 2026
Length of course: 10 weeks
Day of course: Monday
Time of course: 7pm – 9.30pm
Course provider: Family Help Parenting Team
Course platform: Zoom
Course enquiries: Family Help Parenting Team: Referral Form

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

Start date: 24th September 2026
Length of course: 10 weeks
Day of course: Thursday
Time of course: 10am – 12.15pm
Course provider: Family Help Parenting Team
Course platform: Zoom
Course enquiries: Family Help Parenting Team: Referral Form

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

Start date: 27th September 2026
Length of course: 10 weeks
Day of course: Monday

Time of course: 10am to 12.30pm
Course provider: Family Help Parenting Team
Course venue: Hartcliffe Family Hub, Hareclive Rd, Bristol. BS13 0JW
Course enquiries: Family Help Parenting Team: Referral Form

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

Start date: 29th September 2026
Length of course: 9 weeks
Day of course: Tuesday
Time of course: 10am – 12.15pm
Course provider: Family Help Parenting Team
Course venue: Beacon Centre, City Academy, Russell Town Avenue, Redfield, BS5 9JH
Course enquiries: Family Help Parenting Team: Referral Form

In Person Course: Non-Violent Resistance: parents of children/young people aged 8 to 17 years with violent and/or controlling behaviours

Start date: 15th September 2026
Length of course: 10 weeks
Day of course: Tuesday
Time of course: 9.45am - 12.15pm
Course provider: Family Help Parenting Team
Course venue: The Gatehouse Centre, Hareclive Road, BS13 9JN
Course enquiries: Family Help Parenting Team: Referral Form

In Person Course: Non-Violent Resistance: parents of children/young people aged 8 to 17 years with violent and/or controlling behaviours

Start date: 22nd September 2026
Length of course: 12 weeks
Day of course: Tuesday
Time of course: 10am to 12.30pm
Course provider: Family Help Parenting Team
Course venue: Felix Road Aventure Playground, Felix Road, BS5 0JW
Course enquiries: Family Help Parenting Team: Referral Form

Online Course: Non-Violent Resistance: parents of children and young people aged 8 to 17 years with violent and/or controlling behaviours

Start date: 22nd September 2026
Length of course: 11 weeks
Day of course: Tuesday
Time of course: 7pm to 9.15pm
Course provider: Family Help Parenting Team
Course platform: Zoom
Course enquiries: Family Help Parenting Team: Referral Form

In Person Course: Non-Violent Resistance: parents of children/young people aged 8 to 17 years with violent and/or controlling behaviours

Start date: 6th October 2026
Length of course: 10 weeks
Day of course: Tuesday
Time of course: 10am – 12.30pm
Course provider: Family Help Parenting Team
Course venue: Ambition Lawrence Weston, Ambition House, 2 Stile Acres, Bristol BS11 0PZ
Course enquiries: Family Help Parenting Team: Referral Form

In Person Course: Parents Plus ADHD Children Programme: addressing the particular needs of children with ADHD aged 6 to 12 years.

Start date: 22nd September 2026
Length of course: 9 weeks
Day of course: Tuesday
Time of course: 10am – 12.30pm
Course provider: Family Help Parenting Team
Course venue: Horfield CE Primary School, Bishop Manor Rd, Bristol BS10 5BD
Course enquiries: Family Help Parenting Team: Referral Form

Check your local Children's Centre Hub 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: Children's Centre Hubs List

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.** Report a concern about a child - bristol.gov.uk

Autism Family Courses

EarlyBird Programme: for Parents and Carers of children aged 2 to 5 years.
NAS EarlyBird Plus Programme: for Parents and Carers of children aged 5 to 9 years.
TeenLife Programme: for Parents and Carers of children who are 10 to 16 years old.

Bristol Autism Family Support Team also offer:

Managing Anxiety: a 6-week course open Parents and Carers of children 6 to 18 years old who are autistic, waiting for an autism assessment or neurodiverse with social, communication, interaction and sensory needs, and are experiencing anxiety that affects their wellbeing and ability to access a range of different environments, including family life, school and activities outside of school.

Parent Plus Special Needs Programme: a 7-week course open to Parents and Carers of children aged 9 to 18 years. The programme supports parents to manage common issues in families with a child who has social communication and interaction needs, including autism.

For more details on any of the Autism Family Courses

Contact: Menai Gore, Autism Assistant at the Family Learning and Family Support Hub
Tel: 07880 685 105 **Email:** autismfamilycourses@bristol.gov.uk
Web: Autism - Bristol's SEND Local Offer - bristol.gov.uk
Family Learning courses and seminars for parents and carers (bristol.gov.uk)

Other Online Parenting Courses, Support, Advice and Telephone Coaching

Bristol Family Hubs

Family Hubs offer information, advice and help to all families in Bristol including free online parenting courses for all parents, carers, grandparents, and courses for teens.
Developed by a team of NHS professionals who worked with practitioners and parents, the courses cover stages of a child's development and give helpful advice to support the emotional health and wellbeing of both children and parents or carers.
Web: Bristol Family Hubs
Web: Online courses for parents, carers, grandparents, and teens: Courses for parents (bristol.gov.uk)

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)

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: Parents Mental Health Support | Advice for Your Child | YoungMinds

Parental Relationship Support:

Relationship support for parents and co-parents (bristol.gov.uk)

How to Argue Better: A toolkit for positive communication to build stronger relationships: Parent version_A toolkit for positive communication to build stronger relationships.pdf

Relationships and Caring for a Disabled Child: A guide developed by Click and One Plus One: relationships_guide.pdf (contact.org.uk)

Find more local and national support resources here: Support for parents and carers (bristol.gov.uk)

The Mindful Parenting & Community Project (MPCP)

MPCP support parents in managing stress, and difficulties in their lives in order for them to become more resilient, to parent more effectively and engage more positively within their communities.
Website: Mindfulness Community Project Information

Nurture Groups provided by Murmuration Community Therapy

Nurture Groups are intimate circles of SEND parents, meeting for 8 weeks to find belonging, support and space to process the big emotions hosted across Bristol.
Nurture Group - Eventbrite Link to Book a Space

First Response

If you are concerned about the well-being of a child, please contact:
The First Response Team: 0117 903 6444 (within office hours),
The Emergency Duty Team: 01454 615 165 (out of hours)
Report a concern about a child - bristol.gov.uk

Family Help Parenting Team

To get in touch with the Family Help Parenting Team directly, please email them on:

- North Team: parenting-familyhelpnorth@bristol.gov.uk
- South Team: parenting-familyhelpsouth@bristol.gov.uk
- East/Central Team: parenting-familyhelpEC@bristol.gov.uk