

Bristol based Parenting Menu Online and In Person Citywide Parenting Programmes

Term 1 – September 2025

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:*

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: Antenatal Rockabye: Expectant Parents

Start date: 18th September 2025

Length of course: 6 weeks

Day of course: Thursday

Time of course: 1.15pm to 3pm

Course provider: Bristol Children's Centres & [Rockabye](#)

Course venue: Bedminster Children's Centre, British Road, BS3 3BZ

Course enquiries: [Citywide Children's Centres Parenting Groups: Expression of Interest](#)

In Person Course: Welcome to the World: Expectant Parents

Start date: 9th September 2025

Length of course: 5 weeks

Day of course: Tuesday

Time of course: 3.45pm to 5.45pm

Course provider: Bristol Children's Centres

Course venue: Long Cross Children's Centre, Long Cross, BS11 0LP

Course enquiries: [Citywide Children's Centres Parenting Groups: Expression of Interest](#)

In Person Course: Welcome to the World: Expectant Parents

Start date: 17th September 2025

Length of course: 5 weeks

Day of course: Wednesday

Time of course: 5pm to 7pm

Course provider: Bristol Children's Centres

Course venue: Bedminster Children's Centre, British Road, BS3 3BZ

Course enquiries: [Citywide Children's Centres Parenting Groups: Expression of Interest](#)

In Person Course: Welcome to the World: Expectant Parents

Start date: 30th September 2025

Length of course: 5 weeks

Day of course: Wednesday

Time of course: 3pm to 5pm

Course provider: Bristol Children's Centres

Course venue: Oldbury Court Children's Centre, Frenchay Road, BS16 2QS

Course enquiries: [Citywide Children's Centres Parenting Groups: Expression of Interest](#)

In Person Course: Welcome to the World: Expectant Parents

Start date: 14th Nov 2025

Length of course: 5 weeks

Day of course: Friday

Time of course: 9.15am to 11.15am

Course provider: Bristol Children's Centres

Course venue: St Anne's Park Children's Centre, Lichfield Road, BS4 4BJ

Course enquiries: [Citywide Children's Centres Parenting Groups: Expression of Interest](#)

In Person Course: Parents To Be Rockabye: Expectant Parents (couples)

Start date: 13th Oct 2025

Length of course: 6 weeks

Day of course: Monday

Time of course: 6pm to 8pm

Course provider: Bristol Children's Centres & [Rockabye](#)

Course venue: Wellspring Settlement, Family Centre, Ducie Road, BS5 0AX

Course enquiries: [Citywide Children's Centres Parenting Groups: Expression of Interest](#)

In Person Course: Rockabye: Parents of pre-crawling babies

Start date: 22nd September 2025

Length of course: 10 weeks

Day of course: Monday

Time of course: 10am – 11.15am

Course provider: Bristol Children's Centres & [Rockabye](#)

Course venue: Bedminster Children's Centre, British Road, BS3 3BZ

Course enquiries: [Citywide Children's Centres Parenting Groups: Expression of Interest](#)

In Person Course: Rockabye: Parents of pre-crawling babies

Start date: 24th September 2025

Length of course: 10 weeks

Day of course: Wednesday

Time of course: 10am – 11.15am

Course provider: Bristol Children's Centres & [Rockabye](#)

Course venue: St Werburgh's Park Nursery School, Glenfrome Road, BS2 9UX

Course enquiries: [Citywide Children's Centres Parenting Groups: Expression of Interest](#)

In Person Course: Rockabye: Parents of pre-crawling babies

Start date: 25th September 2025

Length of course: 10 weeks

Day of course: Thursday

Time of course: 1.30pm - 2.45pm

Course provider: Bristol Children's Centres & [Rockabye](#)

Course venue: St Anne's Park Children's Centre, Lichfield Road, BS4 4BJ

Course enquiries: [Citywide Children's Centres Parenting Groups: Expression of Interest](#)

In Person Course: Rockabye: Parents of pre-crawling babies

Start date: 30th September 2025

Length of course: 10 weeks

Day of course: Tuesday

Time of course: 1.15pm – 2.30pm

Course provider: Bristol Children's Centres & [Rockabye](#)

Course venue: Sea Mills Children's Centre, Riverleaze, BS9 2HL

Course enquiries: [Citywide Children's Centres Parenting Groups: Expression of Interest](#)

In Person Course: Circle of Security: Parents of children aged under 5 years

Start date: 8th October 2025

Length of course: 9 weeks

Day of course: Wednesday

Time of course: 9.30am - 11.30am

Course provider: Bristol Children's Centres

Course venue: Southmead Children's Centre, Doncaster Road, BS10 5PW

Course enquiries: [Citywide Children's Centres Parenting Groups: Expression of Interest](#)

In Person Course: Toddler Incredible Years: Parents of children aged 1 – 3 years

Start date: 18th September 2025

Length of course: 12 weeks

Day of course: Thursday

Time of course: 9.30am - 12pm

Course provider: Bristol Children's Centres

Course venue: Hartcliffe Children's Centre, Hareclive Road, BS13 0JW

Course enquiries: [Citywide Children's Centres Parenting Groups: Expression of Interest](#)

In Person Course: Parenting Puzzle: Parents of children aged 0 - 5 years

Start date: 15th September 2025

Length of course: 4 weeks

Day of course: Monday

Time of course: 9.30am - 11.30am

Course provider: Bristol Children's Centres

Course platform: Inns Court Children's Centre, Marshall Walk, BS4 1TR

Course enquiries: [Citywide Children's Centres Parenting Groups: Expression of Interest](#)

Online Course: Parenting Puzzle: Parents of children aged 0 - 5 years

Start date: 25th September 2025

Length of course: 4 weeks

Day of course: Thursday

Time of course: 6pm - 8pm

Course provider: Bristol Children's Centres

Course platform: Zoom

Course enquiries: [Citywide Children's Centres Parenting Groups: Expression of Interest](#)

In Person Course: Parenting Puzzle: Parents of children aged 0 - 5 years

Start date: 25th September 2025

Length of course: 4 weeks

Day of course: Thursday

Time of course: 9.45am - 11.45am

Course provider: Bristol Children's Centres

Course platform: Wellspring Settlement, Family Centre, Ducie Road, BS5 0AX

Course enquiries: [Citywide Children's Centres Parenting Groups: Expression of Interest](#)

In Person Course: Nurturing Programme: Parents of children aged 2 - 8 years

Start date: 11th September 2025

Length of course: 11 weeks

Day of course: Thursday

Time of course: 1pm to 3pm

Course provider: Bristol Children's Centres & St Mary Redcliffe Primary School

Course venue: St Philips Church Hall, Philip Street, BS3 4EA

Course enquiries: [Citywide Children's Centres Parenting Groups: Expression of Interest](#)

In Person Course: Nurturing Programme with Islamic Values (Women Only): Parents of children aged 2 - 8 years

Start date: TBC

Length of course: 11 weeks

Day of course: TBC

Time of course: TBC

Course provider: Bristol Children's Centres & Bristol Taleem-ul Islam Trust

Course venue: TBC

Course enquiries: [Citywide Children's Centres Parenting Groups: Expression of Interest](#)

In Person Course: Nurturing Programme: Parents of children aged 2 - 8 years

Start date: 18th September 2025

Length of course: 11 weeks

Day of course: Thursday

Time of course: 9.15am to 11.15am

Course provider: Bristol Children's Centres & Fishponds CofE Primary School

Course venue: Fishponds CofE Primary School, Fishponds Road, BS16 3UH

Course enquiries: [Citywide Children's Centres Parenting Groups: Expression of Interest](#)

In Person Course: Nurturing Programme: Parents of children aged 2 - 8 years

Start date: 22nd September 2025

Length of course: 11 weeks

Day of course: Monday

Time of course: 12.45pm to 2.45pm

Course provider: Bristol Children's Centres

Course venue: St Werburgh's Park Nursery School, Glenfrome Road, BS2 9UX

Course enquiries: [Citywide Children's Centres Parenting Groups: Expression of Interest](#)

In Person Course: Nurturing Programme: Parents of children aged 2 - 8 years

Start date: 3rd November 2025

Length of course: 10 weeks

Day of course: Monday

Time of course: 9.30am to 11.30am

Course provider: Bristol Children's Centres

Course venue: Sea Mills Children's Centre, School House, 4 Riverleaze, BS9 2HL

Course enquiries: [Citywide Children's Centres Parenting Groups: Expression of Interest](#)

In Person Course: Nurturing Programme: Parents of children aged 2 - 8 years

Start date: 14th November 2025

Length of course: 11 weeks

Day of course: Friday

Time of course: 9.30am to 11.30am

Course provider: Bristol Children's Centres & everyFamily

Course venue: everyFamily, Brentry Lane, BS10 6RG

Course enquiries: [Citywide Children's Centres Parenting Groups: Expression of Interest](#)

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

Start date: 24th September 2025

Length of course: 10 weeks

Day of course: Wednesday

Time of course: 10am to 12.30pm

Course provider: Family Help Parenting Team

Course platform: Zoom

Course enquiries: Jessica Kelly 07765 741 630 or Kauser Perveen 07880 101 276

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

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

Start date: 17th September 2025

Length of course: 12 weeks

Day of course: Wednesday

Time of course: 12.15pm - 2.30pm

Course provider: Family Help Parenting Team

Course venue: Long Cross Children's Centre, Long Cross, BS11 0LP

Course enquiries: Charlene Irvine 07876 817 126 or Jude Elias 07919 397 634

Email: charlene.irvine@bristol.gov.uk or judith.elias@bristol.gov.uk

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

Start date: 24th September 2025

Length of course: 11 weeks

Day of course: Wednesday

Time of course: 12.30pm - 2.45pm

Course provider: Family Help Parenting Team

Course venue: Bishopsworth Children's Centre, Lakemead Grove, BS13 8EA

Course enquiries: Vicky Collis 07464 983 531

Email: vicky.collis@bristol.gov.uk

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

Start date: 26th September 2025

Length of course: 12 weeks

Day of course: Friday

Time of course: TBC

Course provider: Family Help Parenting Team

Course venue: Easton Community Children's Centre, Russell Town Avenue, BS5 9JF

Course enquiries: Karen Legge 07384 243 765

Email: karen.legge@bristol.gov.uk

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

Start date: 30th September 2025

Length of course: 10 weeks

Day of course: Tuesday

Time of course: 12.15pm to 2.30pm

Course provider: Family Help Parenting Team

Course venue: Henbury Library, Crow Lane, BS10 7DR

Course enquiries: Charlene Irvine 07876 817 126 or Gail Hunter 07584 202 855

Email: charlene.irvine@bristol.gov.uk or gail.hunter@bristol.gov.uk

In Person Course: Strengthening Families Strengthening Communities: supporting parents of children 0 to 18 years

Start date: 18th September 2025

Length of course: 13 weeks

Day of course: Thursday

Time of course: 9.15am to 12.15pm

Course provider: Wellspring Settlement

Course venue: Wellspring Settlement, Ducie Road, Bristol, BS5 0AX

Course and creche enquiries: Sally Williams or Laura Street 07492 870 557

Email: sally.williams@wsb.org.uk or laura.street@wsb.org.uk

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

Start date: 22nd September 2025

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: Lucy Dixon 07827 305 457 or Jessica Kelly 07765 741 630

Email: lucy.dixon@bristol.gov.uk or jessica.kelly@bristol.gov.uk

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

Start date: 30th September 2025

Length of course: 10 weeks

Day of course: Tuesday

Time of course: 10am to 12.15pm

Course provider: Family Help Parenting Team

Course venue: Beacon Centre, City Academy School, Russell Town Avenue, BS5 9JH

Course enquiries: Kauser Perveen 07880 101 276 or Pauline Sparkes 07464 907 637

Email: kauser.perveen@bristol.gov.uk or pauline.sparkes@bristol.gov.uk

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 2025

Length of course: 11 weeks

Day of course: Monday

Time of course: 7pm to 9.15pm

Course provider: Family Help Parenting Team

Course platform: Zoom

Course enquiries: Saf Cooper 07760 990 850

Email: saf.cooper@bristol.gov.uk

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

Start date: 23rd September 2025

Length of course: 11 weeks

Day of course: Tuesday

Time of course: 10am to 12.30pm

Course provider: Family Help Parenting Team

Course venue: Ambition House, Stile Acres, BS11 0PZ

Course enquiries: Natasha Kirby 07464 510 313 or Jude Elias 07919 397 634

Email: natasha.kirby@bristol.gov.uk / judith.elias@bristol.gov.uk

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

Start date: 25th September 2025

Length of course: 10 weeks

Day of course: Thursday

Time of course: 10am to 12.15pm

Course provider: Family Help Parenting Team

Course venue: The Vassell Centre, Gill Avenue, BS16 2QQ

Course enquiries: Natasha Kirby 07464 510 313 or Karen Legge 07384 243 765

Email: natasha.kirby@bristol.gov.uk / karen.legge@bristol.gov.uk

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

Start date: 25th September 2025

Length of course: 11 weeks

Day of course: Thursday

Time of course: 10am to 12.15pm

Course provider: Family Help Parenting Team

Course venue: The Gatehouse Centre, Hareclive Road, BS13 9JN

Course enquiries: Pauline Sparkes 07464 907 637 or Vicky Collis 07464 983 531

Email: pauline.sparkes@bristol.gov.uk or vicky.collis@bristol.gov.uk

Check your local Children's Centres 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 - bristol.gov.uk](https://childrenscentre.bristol.gov.uk)

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](https://reporta.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](http://bristol.gov.uk/autism)

[Family Learning courses and seminars for parents and carers \(bristol.gov.uk\)](http://bristol.gov.uk/family-learning)

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](http://bristol.gov.uk/family-hubs)

Web: Online courses for parents, carers, grandparents, and teens: [Courses for parents \(bristol.gov.uk\)](http://bristol.gov.uk/courses-for-parents)

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 \(Parentline Plus\)](http://parentlineplus.org.uk)

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](http://netmums.com/parenting-course)

NSPCC

Helpline: 0808 800 5000

Email: help@nspcc.org.uk

Web: Parenting Tips, Advice and Support: [Support for parents | NSPCC](http://nspcc.org.uk/support-for-parents)

Web: Positive Parenting Guide (PDF): [Positive parenting \(nspcc.org.uk\)](http://nspcc.org.uk/positive-parenting)

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 \(bristol.gov.uk\)](#)

One Plus One: Online resources and training to support building and maintaining healthy relationships: [Digital resources \(oneplusone.org.uk\)](#)

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

Find more support resources here: [Support for parents and carers \(bristol.gov.uk\)](#)

Full Circle Parents and Carers Speak (formerly Docklands Parent and Carers Support Meeting)

Parents and Carers Speak is an informal group run by parents and carers for parents and carers with support from Full Circle Youth services and Bristol City Council Safer Options staff team.

Platform: Zoom

When: Monthly on the first Wednesday of the month

For more information:

Contact: Judit: 0785171635 or Michelle: 07710396744

Email: parents@fullcircleproject.org.uk or michelle.mcmorrow@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 Courses](#) | [Mindful Parenting & Community Project](#) | [England](#)

FAMILIES IN FOCUS PARENTING TEAMS (FIFPT)

South Families In Focus Team:

Office:

Symes House PO BOX 3399 BS1 9NE

Tel: 0117 903 7770

Email: familiesinfocussouth@bristol.gov.uk

South Parenting Supervisor:

Saf Cooper

Tel: 07760 990 850

Email: saf.cooper@bristol.gov.uk

South Parenting Specialists:

Vicky Collis

Tel: 07464 983 531

Email: Vicky.collis@bristol.gov.uk

Pauline Sparkes

Tel: 07464 907 637

Email: Pauline.sparkes@bristol.gov.uk

Jessica Kelly

Tel: 0776 574 1630

Email: jessica.kelly@bristol.gov.uk

East Central Families In Focus Team**Office:**

Welsman Office, PO Box 3399, 100 Temple Street, BS1 9NE

Tel: 0117 357 6460

Email: familiesinfocuseastcentral@bristol.gov.uk

East Central Parenting Supervisor**Vicky Mundy**

Tel: 07464 989 849

Email: victoria.mundy@bristol.gov.uk

East Central 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: 07880 101 276

Email: kauser.perveen@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

North Parenting Supervisor**Deborah Davis**

Tel: 07880 179 204

Email: deborah.davis@bristol.gov.uk

North 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

Charlene Irvine

Tel. 07876 817 126

Email: Charlene.Irvine@bristol.gov.uk

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