

Bristol based Parenting Menu Online and In Person Citywide Parenting Programmes

Term 5 2025

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

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 Families in Focus Parenting Team (FIFPT) programmes. Please complete a referral form to be placed on the waiting list.*

Referral Form: [Families in Focus Evidence-Based Parenting Programmes Referral Form](#)

Enquiries To: Parenting Support Team Administrators

Phone: 07721 311 497 / **Email:** pssso@bristol.gov.uk

In Person Course: Welcome to the World: Expectant Parents

Start date: 8th April 2025

Length of course: 5 weeks

Day of course: Tuesday

Time of course: 4pm to 6pm

Course provider: South 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: Welcome to the World: Expectant Parents

Start date: 23rd April 2025

Length of course: 5 weeks

Day of course: Wednesday

Time of course: 3pm to 5pm

Course provider: East 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: Welcome to the World: Expectant Parents

Start date: 1st May 2025

Length of course: 5 weeks

Day of course: Thursday

Time of course: 1.30pm to 3.30pm

Course provider: North Bristol Children's Centres

Course venue: Filton Avenue Children's Centre, Blakeney Road, BS7 0DL

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

In Person Course: Welcome to the World: Expectant Parents

Start date: 15th May 2025

Length of course: 5 weeks

Day of course: Thursday

Time of course: 4pm to 6pm

Course provider: South 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: Circle of Security: Parents of children aged under 5 years

Start date: 15th May 2025

Length of course: 8 weeks

Day of course: Thursday

Time of course: 1pm – 2.30pm

Course provider: Central Bristol Children's Centres

Course venue: St Paul's Children's Centre, Little Bishop Street, BS2 9JF

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: 12th May 2025

Length of course: 8 weeks

Day of course: Monday

Time of course: 9.30am - 11.30am

Course provider: North Bristol Children's Centres

Course venue: Upper Horfield Children's Centre, Sheridan Road, BS7 0PU

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: 3rd July 2025

Length of course: 8 weeks

Day of course: Thursday

Time of course: 10am - 12pm

Course provider: South 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: Toddler Incredible Years: Parents of children aged 1 – 3 years

Start date: 30th April 2025

Length of course: 11 weeks

Day of course: Wednesday

Time of course: 9.15am - 11.30am

Course provider: North 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](#)

Online Course: Parenting Puzzle: Parents of children aged 1 – 3 years

Start date: 15th July 2025

Length of course: 4 weeks

Day of course: Wednesday

Time of course: 6pm - 8pm

Course provider: South Bristol Children's Centres

Course platform: Zoom

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: 29th April 2025

Length of course: 11 weeks

Day of course: Tuesday

Time of course: 9.45am to 11.45am

Course provider: East 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: Nurturing Programme: Parents of children aged 2 - 8 years

Start date: 13th May 2025

Length of course: 11 weeks

Day of course: Tuesday

Time of course: 12.45pm to 2.45pm

Course provider: Central Bristol Children's Centres

Course venue: St Werburgh's Primary School, James Street, BS2 9US

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

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

Start date: 29th April 2025

Length of course: 12 weeks

Day of course: Tuesday

Time of course: 10am – 12.30pm

Course provider: Families in Focus Parenting Team

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

Course enquiries: Pauline Sparkes 07464 907 637

Email: pauline.sparkes@bristol.gov.uk

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

Start date: 24th April 2025

Length of course: 12 weeks

Day of course: Thursday

Time of course: 10am – 12.30pm

Course provider: Families in Focus Parenting Team

Course venue: Chester Park School, Abingdon Road, Bs16 3NX

Course enquiries: Chris Hardy 07552 289 599 or Vicky Mundy 07464 989 849

Email: chris.hardy@bristol.gov.uk or victoria.mundy@bristol.gov.uk

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

Start date: 28th April 2025

Length of course: 10 weeks

Day of course: Monday

Time of course: 7pm to 9.15pm

Course provider: Families in Focus Parenting Team

Course platform: Zoom

Course enquiries: Lucy Dixon 07927 305 457 or Chris Hardy 07552 289 599

Email: lucy.dixon@bristol.gov.uk or chris.hardy@bristol.gov.uk

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

Start date: 2nd May 2025

Length of course: 10 weeks

Day of course: Friday

Time of course: 10am to 12.15pm

Course provider: Families in Focus Parenting Team

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

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

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

Start date: 8th May 2025

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

Course enquiries: Lucy Dixon 07927 305 457 or Jessica Kelly 07765 741 630

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

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

Start date: 24th April 2025

Length of course: 12 weeks

Day of course: Thursday

Time of course: 9.15am to 12.15pm

Course provider: Wellspring Settlement

Course venue: Wellspring Settlement, 43 Ducie Road, Bristol, BS5 0AX

Course and creche enquiries: Sally Williams 07492 870 557

Email: sally.williams@wsb.org.uk

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

Start date: 22nd April 2025

Length of course: 10 weeks

Day of course: Tuesday

Time of course: 12.15pm - 2.45pm

Course provider: Families in Focus Parenting Team

Course venue: TBC (North Bristol)

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

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

Start date: 12th May 2025

Length of course: 10 weeks

Day of course: Monday

Time of course: 7pm – 9.30pm

Course provider: Families in Focus Parenting Team

Course platform: Zoom

Course enquiries: Judith Elias 07919 397 634 or Jessica Kelly 07765 741 630

Email: judith.elias@bristol.gov.uk or jessica.kelly@bristol.gov.uk

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

Start date: 21st May 2025

Length of course: 8 weeks

Day of course: Wednesday

Time of course: 10am – 12.30pm

Course provider: Families in Focus Parenting Team

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

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

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

Start date: 30th April 2025

Length of course: 11 weeks

Day of course: Wednesday

Time of course: 7pm to 9.15pm

Course provider: Families in Focus Parenting Team

Course platform: Zoom

Course enquiries: Saf Cooper 07760 990 850 or Natasha Kirby 07464 510 313

Email: saf.cooper@bristol.gov.uk or natasha.kirby@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: 1st May 2025

Length of course: 10 weeks

Day of course: Thursday

Time of course: 10am to 12.15pm

Course provider: Families in Focus Parenting Team

Course venue: Inns Court Community & Family Centre, Marshall Walk, BS4 1TR

Course enquiries: Vicky Collis 07464 983 531 or Karen Legge 07384 243 765

Email: vicky.collis@bristol.gov.uk or 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: 1st May 2025

Length of course: 11 weeks

Day of course: Thursday

Time of course: 10am to 12.30pm

Course provider: Families in Focus Parenting Team

Course venue: Lockleaze Sports Centre, Off Bonnington Walk, BS7 9XF

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

Email: natasha.kirby@bristol.gov.uk / judith.elias@bristol.gov.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: Children's centre - 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

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

Web: [Autism - Bristol's SEND Local Offer - bristol.gov.uk](http://autism-bristol.org.uk)

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

Contact: Menai Gore, Autism Assistant at the Family Learning and Family Support Hub

Tel: 07880 685 105

Email: autismfamilycourses@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](http://bristol.gov.uk)

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

NSPCC

Helpline: 0808 800 5000

Email: help@nspcc.org.uk

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

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

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

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

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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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