

Bristol based Parenting Menu Online and In Person Citywide Parenting Programmes

Term 1 2024-25

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: Antenatal Rockabye: Expectant Parents

Start date: 8th October 2024

Length of course: 6 weeks

Day of course: Tuesday

Time of course: 12pm to 1.45pm

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: 10th September 2024

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: 25th September 2024

Length of course: 5 weeks

Day of course: Wednesday

Time of course: 4pm to 6pm

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: 7th November 2024

Length of course: 5 weeks

Day of course: Thursday

Time of course: 5.30pm to 7.30pm

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: Welcome to the World: Expectant Parents

Start date: 13th November 2024

Length of course: 5 weeks

Day of course: Wednesday

Time of course: 4pm to 6pm

Course provider: East 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: 20th November 2024

Length of course: 5 weeks

Day of course: Wednesday

Time of course: 2pm to 4pm

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: Rockabye: Parents of pre-crawling babies

Start date: 23rd September 2024

Length of course: 10 weeks

Day of course: Monday

Time of course: 10am – 11.15am

Course provider: South Bristol Children's Centres

Course venue: Knowle Children's Centre, Marshall Walk, BS41 1TR

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

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

Start date: 26th September 2024

Length of course: 10 weeks

Day of course: Thursday

Time of course: 1.30pm - 2.45pm

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: Rockabye: Parents of pre-crawling babies

Start date: 1st October 2024

Length of course: 10 weeks

Day of course: Tuesday

Time of course: TBC

Course provider: North Bristol Children's Centres

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

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

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

Start date: 1st October 2024

Length of course: 10 weeks

Day of course: Tuesday

Time of course: TBC

Course provider: Wellspring Settlement (Family Centre)

Course venue: 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: 3rd October 2024

Length of course: 10 weeks

Day of course: Thursday

Time of course: 10am – 11.15am

Course provider: East 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: Circle of Security: Parents of children aged under 2 years

Start date: 4th October 2024

Length of course: 8 weeks

Day of course: Friday

Time of course: 9.30am - 11.30am

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 2 years

Start date: 18th September 2024

Length of course: 8 weeks

Day of course: Wednesday

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 2 years

Start date: 3rd October 2024

Length of course: 8 weeks

Day of course: Thursday

Time of course: 1pm - 3pm

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](#)

Online Course: The Parenting Puzzle: Parents of children under 5 years

Start date: 19th September 2024

Length of course: 4 weeks

Day of course: Thursday

Time of course: 7pm to 9pm

Course provider: North Bristol Children's Centres

Course platform: Zoom

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

In Person Course: The Parenting Puzzle: Parents of children under 5 years

Start date: 25th September 2024

Length of course: 4 weeks

Day of course: Wednesday

Time of course: 9.30am to 11.30pm

Course provider: North Bristol Children's Centres

Course venue: Stoke Park Children's Centre, Romney Avenue, Lockleaze, BS7 9SX

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

In Person Course: The Parenting Puzzle: Parents of children under 5 years

Start date: 27th September 2024

Length of course: 4 weeks

Day of course: Friday

Time of course: 9.30am to 11.30am

Course provider: North 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: The Parenting Puzzle: Parents of children under 5 years

Start date: 3rd October 2024

Length of course: 4 weeks

Day of course: Thursday

Time of course: 9.30am to 11.30am

Course provider: South Bristol Children's Centres

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

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

Online Course: The Parenting Puzzle: Parents of children aged under 5 years

Start date: 20th November 2024

Length of course: 4 weeks

Day of course: Wednesday

Time of course: 7pm to 9pm

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 under 5 years

Start date: 23rd September 2024

Length of course: 10 weeks

Day of course: Monday

Time of course: 12.30pm to 2.30pm

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: Nurturing Programme: Parents of children under 5 years

Start date: 24th September 2024

Length of course: 11 weeks

Day of course: Tuesday

Time of course: 9.30am to 11.30am

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: Nurturing Programme: Parents of children under 5 years

Start date: 25th September 2024

Length of course: 11 weeks

Day of course: Wednesday

Time of course: 9.45am to 11.45am

Course provider: East Bristol Children's Centres

Course venue: The Haven, Speedwell Road, BS15 1ES

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

In Person Course: Nurturing Programme: Parents of children under 5 years

Start date: 8th November 2024

Length of course: 10 weeks

Day of course: Friday

Time of course: 9.30am to 11.30am

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

Start date: 13th September 2024

Length of course: 14 weeks

Day of course: Friday

Time of course: 9.15am - 11.30am

Course provider: Families in Focus Parenting Team

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

Course and Creche enquiries: Karen Legge 07384243765 or karen.legge@bristol.gov.uk

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

Start date: 16th September 2024

Length of course: 12 weeks

Day of course: Thursday

Time of course: 9.30am - 11.30am

Course provider: South Bristol Children's Centre & Families in Focus

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

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 2024

Length of course: 11 weeks

Day of course: Tuesday

Time of course: 12pm to 2.30pm

Course provider: Families in Focus Parenting Team

Course platform: Zoom

Course enquiries: Chris Hardy 07552 289 599

Email: chris.hardy@bristol.gov.uk

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

Start date: 2nd October 2024

Length of course: 11 weeks

Day of course: Wednesday

Time of course: 9.45am - 12pm

Course provider: Families in Focus Parenting Team

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

Course and Creche enquiries: Chris Hardy 07552289599 or Judith Elias 07919397634

Email: chris.hardy@bristol.gov.uk or judith.elias@bristol.gov.uk

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

Start date: 23rd September 2024

Length of course: 12 weeks

Day of course: Monday

Time of course: 7pm to 9.30pm

Course provider: Families in Focus Parenting Team

Course platform: Zoom

Course/Creche enquiries: Karen Legge 07384 243 765 or Pauline Sparkes 07464 907637

Email: karen.legge@bristol.gov.uk or pauline.sparkes@bristol.gov.uk

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

Start date: 23rd September 2024

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 Gail Hunter 07584 202 855

Email: lucy.dixon@bristol.gov.uk or gail.hunter@bristol.gov.uk

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

Start date: 26th September 2024

Length of course: 12 weeks

Day of course: Thursday

Time of course: 9.30am to 12pm

Course provider: Wellspring Settlement

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

Course and creche enquiries: Sally or Paul: 0117 3041400 (extension 155)

Referral link: <https://form.jotform.com/222903517095355>

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

Start date: 25th September 2024

Length of course: 10 weeks

Day of course: Wednesday

Time of course: 12.15pm to 2.45pm

Course provider: Families in Focus Parenting Team

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

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

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

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

Start date: 24th September 2024

Length of course: 10 weeks

Day of course: Tuesday

Time of course: 12.15pm - 2.30pm

Course provider: Families in Focus Parenting Team

Course venue: Brentry and Henbury Children's Centre, Brentry Lane, BS10 6RG

Course enquiries: Gail Hunter 07584 202 855 or Natasha Kirby 07464 510 313

Email: gail.hunter@bristol.gov.uk or natasha.kirby@bristol.gov.uk

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

Start date: 3rd October 2024

Length of course: 10 weeks

Day of course: Thursday

Time of course: 10am – 12.30pm

Course provider: Families in Focus Parenting Team

Course venue: TBC

Course enquiries: Vicky Mundy 0746 498 949 or Lucy Dixon 07927 305 457

Email: vicky.mundy@bristol.gov.uk or lucy.dixon@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: 18th September 2024

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 Deborah Davis 0788 079 204

Email: saf.cooper@bristol.gov.uk or deborah.davis@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: 26th September 2024

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: Kingsweston School, Napier Miles Road, Lawrence Weston, BS11 0UT

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

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

Online Course: Parents Plus Parenting When Separated Programme: parents who are preparing for, going through, or have gone through a separation or divorce

Start date: 1st October 2024

Length of course: 7 weeks

Day of course: Tuesday

Time of course: 9.45am to 12pm

Course provider: Relationships Matter Team

Course platform: Zoom

Course enquiries: Gina Pazienza or Katie Cheyne

Email: gina.pazienza@bristol.gov.uk or katie.cheyne@bristol.gov.uk

Phone: 07721 635 376 or 07920 112 757

Online Course: Parents Plus Parenting When Separated Programme: parents who are preparing for, going through, or have gone through a separation or divorce

Start date: 3rd October 2024

Length of course: 7 weeks

Day of course: Thursday

Time of course: 6pm – 8.15pm

Course provider: Relationships Matter Team

Course platform: Zoom

Course enquiries: Gina Pazienza or Katie Cheyne

Email: gina.pazienza@bristol.gov.uk or katie.cheyne@bristol.gov.uk

Phone: 07721 635 376 or 07920 112 757

In Person Course: Stressbusting for Parents

Start date: 4th October 2024

Length of course: 10 weeks

Day of course: Friday

Time of course: 9.30am to 12pm

Course provider: Mindful Parenting & Community Project

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

Course enquiries: Suzanne 07577 956 911 or Donna 07747 573 687

Email: mppcp.bristol@gmail.com

(Spaces will be offered to parents who have English as a second language or lower levels of literacy as a priority)

Online Course: Mindfulness for Parents

Start date: 26th September 2024

Length of course: 10 weeks

Day of course: Tuesday

Time of course: 9.30am to 12pm

Course platform: Zoom

Course enquiries: Claire-Louise 07949 399 633 or Carol 07764 538 595

Email: mppcp.bristol@gmail.com

(Spaces will be offered to parents who have English as a second language or lower levels of literacy as a priority)

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

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: Autism - Bristol's SEND Local Offer - bristol.gov.uk

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

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, 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 \(bristol.gov.uk\)](http://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 \(Parentline Plus\)](http://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 \(bristol.gov.uk\)](#)

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**

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

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://www.bristol.gov.uk/report-a-concern-about-a-child)