

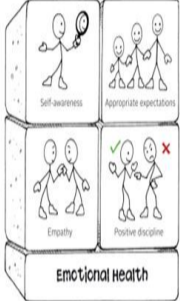












RBKC PARENTING OFFER OCTOBER to DECEMBER 2025

Parenting Programme & Groups/Workshops	Description	Who is it for	When & where	Contact details
<p>Keeping the Child in Mind Programme (RBKC Early Help)</p> <p>Keeping the child in Mind: Adults Working Together</p>  	<p>What is the Keeping the child in Mind Programme?</p> <p>Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging.</p> <p>The Keeping the Child in Mind programme helps parents/carers to work together in ways which support growing children and a calmer family life.</p> <p>This programme helps us think about what we do, why we do it and how it makes us all feel in the family.</p> <p>Building Blocks: The Four Constructs</p>  <p>the best chance in life</p> <p>Practical information</p> <p>There are four 2-hour sessions with a tea and coffee break.</p> <p>Up to 12 parents/carers are invited and there are two Family Links trained group leaders.</p> <p>Partners are welcome and it's also fine to come on your own or with another relative or friend.</p> <p>Some groups provide a creche; check with group leaders beforehand.</p> <p>You need to come to all four weeks; they fit together like a puzzle.</p> <p>You will be provided with a Keeping the child in Mind parent booklet to accompany the 4 week programme.</p> <p>The Four Sessions</p> <p>Week 1: Self Awareness The role of parents/carers for children and young people; Managing difficult feelings; Nurturing ourselves</p> <p>Week 2: Appropriate Expectations Appropriate expectations; Networks of support; Communicating clearly</p> <p>Week 3: Boundaries and Positive Discipline Parenting styles; Time to calm down; Problem solving and negotiating</p> <p>Week 4: Empathy Choosing how to respond; Empathy in practice; Empathy for adults and children</p>	<p>For parents and caregivers with children of Primary school age and upwards.</p> <p>This is a face-to-face programme.</p>	<p>North Holmfield House Family Hub</p> <p>Tuesday 30th September Address: 4-6 Goldborne Road, W10 5PE Time 10 to 12.30</p> <p>Tuesday 11th November at Bevington Primary School. Bevington Road. W10 5TW Time 9:30-12.00noon</p>	<p>To book a place on this programme please email the Early Help Team earlyhelp@rbkc.gov.uk</p>
<p>CIRCLE OF SECURITY PROGRAMME</p> <p>Circle of Security Programme</p> <p>The Circle of Security is an 8-week programme focused on attachment between child and care givers. Securing the connection with your child will promote their self-confident and social competency and build resilience.</p> <p>This programme will be facilitated At Chyne Family Hub and Holmfield House Family Hub</p> <p>To further information and registration please contact Earlyhelp@rbkc.gov.uk</p>  	<p>At times, all parents feel lost or without a clue about what their child might need from them. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting™ program is based on decades of research about how a secure parent-child relationships can be supported and strengthened.</p> <p>This is an 8-week programme that will support you to:</p> <ul style="list-style-type: none"> • Understand your child's emotional world by learning to read emotional their needs. • Support your child's ability to successfully manage emotions. • Enhance development of your child's self esteem • Honour the innate wisdom and desire for your child to be seen. 	<p>For parents and caregivers with children aged 4months to 7 years old</p>	<p>South Chyne Family Hub 10Thorndike Close SW10 0ST</p> <p>Thursday 25th September to 21st November Time 10-12.30</p>	<p>For further information please contact familyhub@rbkc.gov.uk or call 0207 938 8400</p>



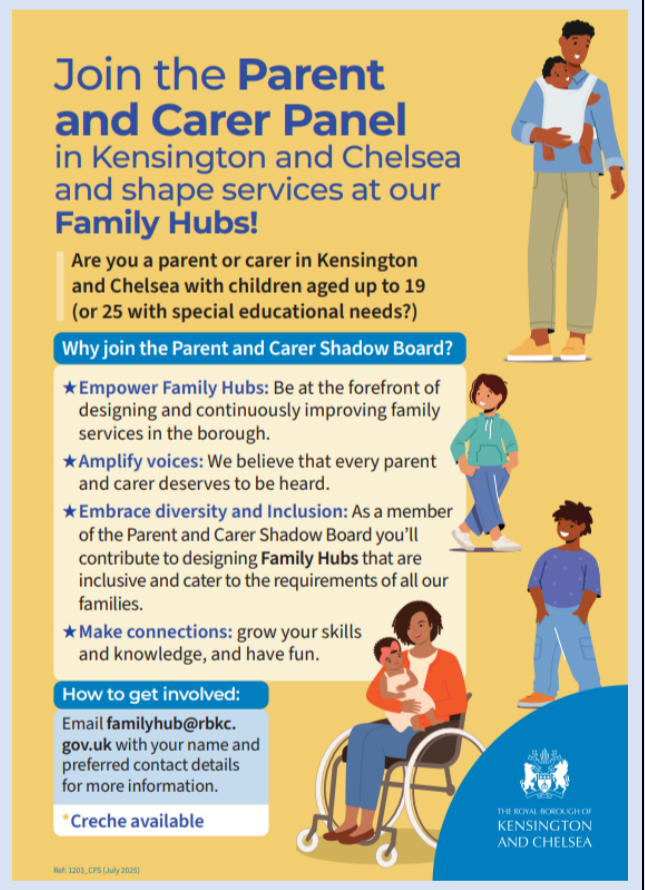
RBKC PARENTING OFFER OCTOBER to DECEMBER 2025

Parenting Programme & Groups/Workshops	Description	Who is it for	When & where	Contact details
 <p>INCREDIBLY ELEV8ED CIC POSITIVELY PURSUING POTENTIAL</p>	 <p>INCREDIBLY ELEV8ED CIC POSITIVELY PURSUING POTENTIAL Stronger Families Across Communities</p> <h2>FEAR LESS TRIPLE P</h2> <p>Learn new skills and techniques in Anxiety Management Develop new understanding and strategies for:</p> <ul style="list-style-type: none"> • Improve understanding of anxiety and how it works • Help children to manage AND communicate better in anxious situations • Learn how to improve children's self confidence <p>IN PERSON</p> <p>🕒 10AM-12 NOON 📅 5TH NOV 2025 📍 HOLMFIELD HOUSE CHILDRENS CENTRE 4-6 GOLDBOURNE ROAD, W10 5P3</p> <p>ONLINE</p> <p>🕒 5.45PM-7.45 PM 📅 13TH NOV 2025 📍 ZOOM</p> <p>REGISTER NOW</p> <p>📞 0203 918 1567 📧 info@incrediblyelev8ed.com</p>	<p>For all parents and carers.</p> <p>The programme supports parents by giving them behavioural strategies, that will support their children to navigate feelings of anxiety.</p>	<p>Holmfield House Family Hub- 4-6 Golborne Rd, W10 Time 10 - 12</p> <p>Wednesday 5th November.</p>	<p>For further information please email Samantha Abraham info@IncrediblyElev8ed.com</p> <p>Refer OR Direct Parents here to register -</p> <p>(Parents can also Scan QR code via flyer, email or call us)</p>
 <p>INCREDIBLY ELEV8ED CIC POSITIVELY PURSUING POTENTIAL</p>	 <p>ONLINE</p> <h2>TEEN TRIPLE P GROUP</h2> <p>Improve Relationships and Communication Develop new understanding and strategies for:</p> <ul style="list-style-type: none"> • Using clear, calm AND confident discipline techniques, • Increase Desirable / Decrease Difficult Behaviour • Manage Emotional Behaviour from your teen • Prevent, Prepare for and Manage Risky Behaviours <p>🕒 5.45 PM - 7.45PM 📅 23 SEPT 2025</p> <p>REGISTER NOW</p> <p>📞 0203 918 1567 📧 info@incrediblyelev8ed.com</p>	<p>For parents and Caregivers of Adolescents</p>	<p>This is an online programme Start on 23rd September @ 5.45 to 7.45pm</p>	<p>For further information please email Samantha Abraham info@IncrediblyElev8ed.com</p> <p>or check website www.incredibly-elev8ed.com</p>

RBKC PARENTING OFFER OCTOBER to DECEMBER 2025

Parenting Programme & Groups/Workshops	Description	Who is it for	When & where	Contact details
<p>WESTWAY TRUST Strengthening Families, Strengthening Communities (SFSC)</p> 	 <p>Strengthening Families, Strengthening Communities A FREE 13-week parent programme for parents at the school or residents of RBKC</p>	<p>For parents and carers, Fathers are welcome, who have children from birth to 19 years old.</p>	<p>6 Canalside Ladbroke Grove W10 5AY</p> <p>Tuesday 4th November 2025 to Tuesday 24th February 2026</p> <p>Time 9.30 to 12.30</p>	<p>For further information or to register your interest, please contact Muna Ali Muna.Ali@westway.org</p> <p>Or call Muna Ali 07701360233</p>
<p>Exciting Parenting Workshops: Give Your Child the Best Start!</p> 	<p>Looking for tips and strategies to support your preschooler?</p> <p>Join our engaging Parenting Workshops designed especially for parents and carers of children aged 2-4 years! Over the course of 5 interactive weeks, you'll discover practical solutions, approaches and strategies for common pre-school parenting challenges, such as sleep routines, toilet training, problematic behaviours and fussy eating.</p> <p>Don't miss this opportunity to gain expert insights and connect with other parents—sign up today and help your child thrive.</p>	<p>For parents and Carers with children from 2 -4 years old.</p>	<p>Chyene Family Hub 10Thorndike Close SW10 0ST</p> <p>Friday 14th November to 12th December</p>	<p>For further information please contact familyhub@rbkc.gov.uk or call 0207 938-8400</p>
<p>Let's Get Ready for Nursery</p> 	<p>Lets Get Ready for Nursery is a 5 week course to support children to confidently transition into nursery.</p> <p>This course offers practical advice and support that will give you and your child the experience and information of what to expect when they transition to nursery.</p> <p>The course is for families entitled to the two year old funding.</p>	<p>For children starting nursery entitled to the two-year-old funding.</p>	<p>Holmfield Family Hub 4-6 Goldborne Road, W10 5PE</p> <p>Friday 14th November to 12th December</p> <p>10-11.30am.</p>	<p>To sign up for this course please email familyhub@rbkc.gov.uk or call 0207 938 8400</p>

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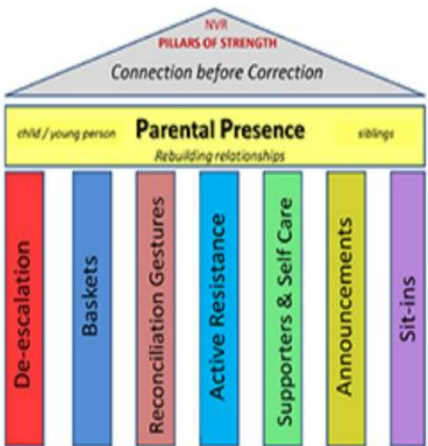


Parenting Programme & Groups/Workshops	Description	Who is it for	When & where	Contact details
<p>DOULA HUB</p>  <p>Neighbourhood Doula Hub Community Childbirth Education for North Kensington Residents</p> <p>Join us for our 5 week course - Wednesdays from 10.30-12.30</p> <p>Holmfild House Children's Centre 11 Goldborne Road W10 5PE</p> <p>The Doula Hub is a safe space to connect and receive childbirth support and guidance in North Kensington</p> <ul style="list-style-type: none"> • Know Your Options • Birth Shouldn't Be Fear Based • Mindfulness and Mental Health Tools • Information and Decision Making • Confident Parenting and Postnatal Awareness <p>Please ask your midwife or health care professional to refer you via our website www.neighbourhooddoulahub.org</p> <p>We are here to support you through your pregnancy, birth and postnatal period</p>	<p>Free childbirth preparation classes and birth debrief sessions on Wednesday mornings at Holmfild House Family Hub, W10 5PE. A 5-week course for pregnant North Kensington residents providing birth preparation and educational resources, or drop-in to speak to one of our experienced doulas about your birth experience.</p> <p>Week 1- Know your options- What to pack, anatomy and physiology, birth locations, water birth and c-section, Week 2- Birth shouldn't be fear based- Stages of pregnancy and labour, birth affirmations (painting), comfort measures, pain relief and induction. Week 3- Know your rights- Body map, informed consent and birth plan. Week 4- Information and decision making- BRAIN tool, understanding interventions, Week 5- Confident parenting and postnatal awareness- Feeding choices, positions, newborn care, cultural traditions, food and healing, baby wearing plan and birth debriefs.</p>	<p>For expectant mothers or mothers who have recently had a baby</p>	<p>Holmfild House, Family Hub 4-6 Goldborne Road, W10 5PE</p> <p>Wednesdays 10.30am-12.30pm.</p>	<p>To register your interest please complete the Type form link https://office668412.typeform.com/to/LOLS1SOq</p> <p>or follow the link in the QR code.</p> 
<p>PARENT & CARER PANEL</p>  <p>Join the Parent and Carer Panel in Kensington and Chelsea and shape services at our Family Hubs!</p> <p>Are you a parent or carer in Kensington and Chelsea with children aged up to 19 (or 25 with special educational needs?)</p> <p>Why join the Parent and Carer Shadow Board?</p> <ul style="list-style-type: none"> ★ Empower Family Hubs: Be at the forefront of designing and continuously improving family services in the borough. ★ Amplify voices: We believe that every parent and carer deserves to be heard. ★ Embrace diversity and Inclusion: As a member of the Parent and Carer Shadow Board you'll contribute to designing Family Hubs that are inclusive and cater to the requirements of all our families. ★ Make connections: grow your skills and knowledge, and have fun. <p>How to get involved: Email familyhub@rbkc.gov.uk with your name and preferred contact details for more information.</p> <p>* Creche available</p>	<p>Are you a parent or carer living in the Royal Borough of Kensington & Chelsea with a child aged 0-19, or up to 25 with special educational needs/disabilities?</p> <p>Your voice matters! We invite you to:</p> <ul style="list-style-type: none"> • Share your lived experiences of accessing services in the borough • Contribute your views and opinions to help shape support for parents, carers, children, and young people • Identify what is working well and what needs to improve in services offered by the Family Hubs • Express your interests or concerns about specific groups, such as under 5's, over 5's, teens, and parents/carers <p>Join us in making a positive change in our local community. Your insights can make a difference!</p>	<p>For all Parents and Caregivers in RBKC</p> <p>We are interested in hearing the voice of fathers and will be putting on a session specifically for fathers / father figures.</p>	<p>This Panel takes place once a month at your local Family Hub</p> <p>Cheyne Family Hub 10 Thorndike Close. SW10 0ST</p> <p>Holmfild House, Family Hub 4-6 Goldborne Road, W10 5PE</p>	<p>If you are interested or would like to receive further information, please email familyhub@rbkc.gov.uk</p>

RBKC PARENTING OFFER OCTOBER to DECEMBER 2025

Parenting Programme & Groups/Workshops	Description	Who is it for	When & where	Contact details
 <p>CNWL RECOVERY & WELLBEING COLLEGE TIMETABLE: AUTUMN 2025 September - November 2025</p>	 <p>Grenfell Recovery & Wellbeing College We've teamed up with the RBKC Early Help Family HuB and Recovery & Wellbeing College to offer a programme of free wellbeing workshops for parents</p> <p>Join us for an opportunity to learn together and to share ideas and tips in a friendly, confidential and informal setting</p> <p>Introduction to managing anxiety as a parent Wednesday 3 November 10am to 11:30am</p> <p>Helping your child with anxiety Wednesday 10 November 10am to 11:30am</p> <p>Understanding and managing depression as a parent Wednesday 17 November 10am to 11:30am</p> <p>Helping your child to manage depression Wednesday 24 November 10am 11:30am</p> <p>Building resilience as a parent Wednesday 1 December 10am to 11:30</p> <p>Helping your child to build resilience Wednesday 8 December 10am to 11:30am</p> <p>Venue: The Curve, 10 Bard Rd, London W10 6TH Open to all parents living in Kensington & Chelsea</p> <p>To book your place Call the Recovery & Wellbeing College admissions office on 020 3214 5686, Grenfell Health and Wellbeing Service on 020 8637 6279 or email recoverycollege.cnwl@nhs.net</p>	<p>For Parents and Carers with children of all ages and stages.</p>	<p>Please contact the Recovery College to find out dates and venues for the courses</p>	<p>For further information please click the hyper link to view the full timetable. Autumn 2025 Timetable</p> <p>For more information on Courses please click the QR code</p>  <p>or call the office on 0203214 5686</p>
<p>MAGIC MUMS (RPT)</p> 	<p>Magic Mums takes place at Rugby Portobello Trust (RPT's). This programme has been running successfully since 2012. It has been shown to have a profound and lasting impact on strengthening families and helping mums to develop their parenting skills. The group is supported by a professional facilitator who has skills and experience in Positive Parenting and Strengthening Families.</p> <p>Tuesday: Stay & Play 9:30am - 11:30am Drop-in Service (No membership required) A place for mums/carers and children to come and explore a wide range of activities; arts and crafts, music, home-corner, ball pits and ride on toys. Our community cupboard offers free clothes, equipment and toys for all the family.</p> <p>Wednesday: Magic Mums 9:30am - 12pm Mindfulness Support With Morley College (Membership required) A safe space for mums to come, have a hot drink, make new friends and share tips and ideas for self improvement. The session ends with some relaxing mindfulness. Child care is available.</p> <p>Thursday: Magic Mums 9:30am - 12pm Crochet & Chat (Membership required) This term we are learning to crochet, or come and improve your crocheting skills with Gina Eusebe, followed by a hot, home-cooked lunch. Child care is available.</p> <p>All services are free and only require membership form where stated</p> 	<p>For mothers and their children of primary school age</p> <p>For parents and carers of children of all ages</p>	<p>Tuesday 11am-12noon</p> <p>Thursday 10am - 12noon</p> <p>Lunch is provided</p> <p>Creche available</p> <p>The course will take place at Rugby Portobello Trust, 221 Walmer Road, W11 4EY.</p>	<p>For further information please contact Magic Mums Co-ordinator Kirstin Edwards E: Kirstin.Edwards@RPT.org.uk</p> <p>Or call: 0207 229 2928</p>

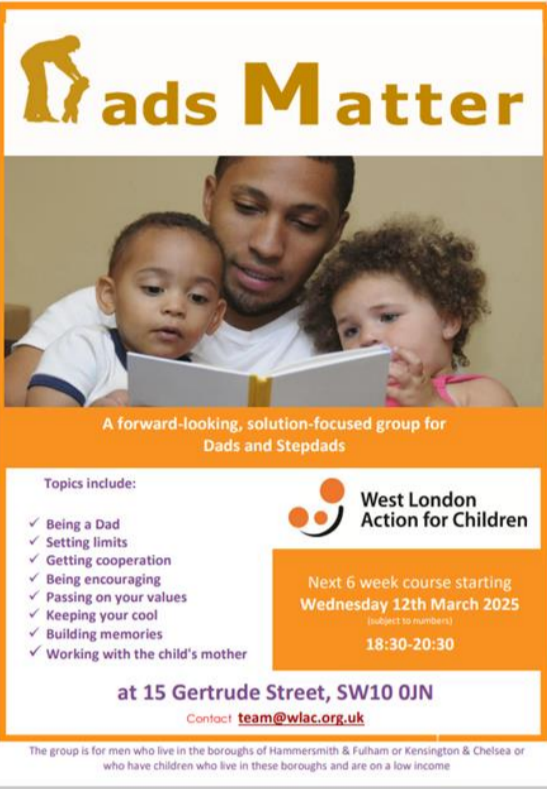

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<p>Non Violence Resistance</p> 	<p>NVR is a therapeutic intervention aimed at helping parents and carers to develop strategies for managing children or young people's destructive, violent, or difficult behaviours, whilst at the same time focusing on rebuilding the parent/child relationship. Parents are invited to join other parents experiencing similar difficulties to form small groups or pods. This is facilitated by Systemic Family Therapists. The programme runs for 12 weeks and is offered in a hybrid way (face to face and online).</p>	All Parents and Carers in RBKC	This programme will be facilitated across the Borough. Date of the programme to be confirmed.	<p>Referrals are only via your Early Help practitioner or Social Worker. If you are interested and would like to know more, speak to your Early Help Practitioner or Social Worker who can make a referral to the NVR programme.</p>															
<p>Family Learning Together Course</p> 	<p>Want to give your child the best start in life?</p> <p>"The Family Learning Course" is designed for caregivers who are caring for children up to five years old. During the first five years of a child's life, they learn at a rapid pace. This course aims to assist caregivers in supporting their child's speaking, reading, and writing skills, during this crucial time of their development. By participating in this course, caregivers can provide the best foundations for learning to their children.</p>	For parents and carers with children up to 5 years old.	<p>Holmfield House Family Hub, 4-6 Golborne Road, W10 5PE.</p> <p>Wednesday 10am - 12noon and 1-3pm</p>	<p>To join, contact Bill Henries: Email: Bill.Henries@rbkc.gov.uk Call: 07890 397 065 Call: Holmfield House Family Hub 0207 938 8400</p> <p>Creche provided.</p>															
<p>Bi Borough Autism Service</p>  <p>BI-BOROUGH INCLUSION SERVICE</p> <p>2025-26 AUTUMN TERM PARENTAL TRAINING OFFER</p> <p><small>Bi Borough Inclusion Service Website Services to Schools Website 2025</small></p>	<table border="1"> <tbody> <tr> <td>Parents' group - parents/carers of autistic children (primary)</td> <td>Autism Advisory Team</td> <td>30 September 11 November 10:00 - 11:00</td> </tr> <tr> <td>Mindfulness Techniques</td> <td>Autism Advisory Team</td> <td>7th October 9:45 - 12:45</td> </tr> <tr> <td>Parents' group - parents/carers of autistic children (secondary)</td> <td>Autism Advisory Team</td> <td>8 October 19 November 16:00 - 17:00</td> </tr> <tr> <td>Parental autism awareness course (PAAC) (EY & Primary / 10+ years)</td> <td>Autism Advisory Team</td> <td>8 October 15 October 22 October 5 November 12 November 19 November 10:00-12:00</td> </tr> <tr> <td>SCERTS for Families</td> <td>Autism Advisory Team</td> <td>13 October 9:30-11:30</td> </tr> </tbody> </table>	Parents' group - parents/carers of autistic children (primary)	Autism Advisory Team	30 September 11 November 10:00 - 11:00	Mindfulness Techniques	Autism Advisory Team	7th October 9:45 - 12:45	Parents' group - parents/carers of autistic children (secondary)	Autism Advisory Team	8 October 19 November 16:00 - 17:00	Parental autism awareness course (PAAC) (EY & Primary / 10+ years)	Autism Advisory Team	8 October 15 October 22 October 5 November 12 November 19 November 10:00-12:00	SCERTS for Families	Autism Advisory Team	13 October 9:30-11:30	For parents of children who have or are waiting for diagnosis of Autism.	TBC online or face to face	Please contact the Bi Borough inclusion Service to express an interest in joining the group/ programme, please email AEYIT@rbkc.gov.uk
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<p>WEST LONDON ACTION FOR CHILDREN</p>  <p>The group is for men who live in the boroughs of Hammersmith & Fulham or Kensington & Chelsea or who have children who live in these boroughs and are on a low income</p>	<p>Dads Matter</p> <p>Dads Matter is a solution-focused parenting group for fathers and stepfathers; fathers maybe sole carers, non-resident, sharing care, or seeking to re-establish their relationship with their child(ren).</p> <p>What to expect - Group facilitators usually hold individual consultations before the groups to establish what the clients' goals are. There are usually between four and ten dads participating in the group.</p>	<p>For Dads and Stepdads of children aged 18 or under</p>		<p>For bookings and further information please contact West London Action for Children (WLAC) Telephone: 020 7352 1155 / 07525 781373 Email: team.org.uk</p>
<p>PARENTCHILD +</p>  <p>Call Vanessa on 07860 184906 for a chat or email Vanessa@familylives.org.uk</p> <p>We build better family lives together @FamilyLivesWestminsterKensingtonChelsea www.familylives.org.uk</p> <p>Family Lives is registered as a company limited by guarantee in England and Wales No. 387762. Registered charity No. 1077722. Registered address: The Annex York House, Salisbury Square, Hatfield, Hertfordshire, AL9 5AD</p>	<p>The ParentChild+ Programme helps parents to get their child/ren ready for nursery, ready to learn and ready to shine.</p> <p>If you live in Kensington & Chelsea, and worried about your child's communication and social skills, we can help you to get your child/ren ready for next stage in their lives.</p> <p>Our trained Early Years Home Visitors work with you and your child each week using educational toys, books, and games to help your child learn.</p> <p>Free toys and books and games</p>	<p>For parents and carers with children 21 months to 2 half years old.</p>	<p>Weekly 3hrs sessions at home</p> <p>Weekly group sessions with other parents and children.</p>	<p>If you are a professional and know a family who would benefit from this programme, or a parent who would like to know more, get in touch by emailing the Co-ordinator Vanessa Lewis or email her on Vanessa@familylives.org.uk call 07860184 906. Alternatively, you can fill out this referral form</p>



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Parenting Programme & Groups/Workshops	Description	Who is it for	When & where	Contact details
	 <p>BIRTH & BEYOND</p> <p>These FREE sessions will include information on the following:</p> <ul style="list-style-type: none"> Your health and wellbeing during pregnancy Getting to know your unborn baby Giving birth and meeting your baby Feeding, bathing and practical care of your new baby Your baby's brain development What support is in my community after giving birth <p>The venue for the next 3 groups is: Babyzone, West Youth Zone, 2 Edcity Walk, London W12 7TF.</p> <p>The sessions run 10am-12pm every Tuesday for 4 weeks.</p> <p>See the dates below!</p> <p>June 24th, July 1st July 8th, July 15th</p> <p>Sept 23rd, Sept 30th Oct 7th, Oct 14th</p> <p>Nov 25th, Dec 2nd Dec 9th, Dec 16th</p> <p>FIND OUT MORE Contact Ann-Marie: ann-marie@hswestminster.co.uk 07732 901 488 www.homestartwestminster.org.uk Registered Charity No. 1109568</p>	For all expectant parents and carers	Baby Zone. 2 Edcity Walk, London W12 7TF Tuesdays 10am-12pm Please view flyer for start dates.	Ann-Marie Creery Family Support Coordinator – Parenting Practitioner Telephone 07732901488 or email ann-marie@hswestminster.co.uk
<p>Family Lives Online Parenting Programmes</p>  <p>Raising Confident Children</p>	<ul style="list-style-type: none"> Valuing ourselves Helping children handle their feelings Being positive with our children Building resilience <p>All our sessions are filled with helpful techniques and ideas that we are sure will help you build your child's confidence and boost their self-esteem. Crucially, you can do our course whenever and wherever suits you and work through it at our own pace.</p>	For parents and carers who are caring for children of all ages		Registration link https://familylives.coassemble.com/unlock/8uuNSdO?gl=1*9tqI02*ga*NjcwMiE0MiEwLjE3NTE1NTYyMjE.*gaMGX9D7S9TJ*czE3NTg4Nzk0NDIkbzEkZzEkdDE3NTg4Nzk0NTckajQ1JGwWJGgw
 <p>Parents Together</p>	<p>Parenting Together</p> <ul style="list-style-type: none"> Promoting wellbeing The power of communicating and being positive Understanding behaviour Managing and promoting positive behaviour in the family Play and what do children need Setting limits, boundaries and promoting co-operation. 	For primary aged school children and under.		If you would like further information about this online course, please email services@familylives.org.uk To Register click on link Enter your email Coassemble

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 <p>Parenting teens</p>	<p>Coping with Teens</p> <ul style="list-style-type: none"> • Understanding teen behaviour. • Feelings and needs. • Risky behaviour, conflict and sensitive issues. • Communicating with your teen. 	<p>For parents and caregivers with Adolescent</p>		<p>Enter your email Coassemble</p>
 <p>Sibling Arguments</p>	<p>Sibling Rivalry</p> <ul style="list-style-type: none"> • How does conflict affect us? • Sibling rivalry. • Giving children the skills to deal with conflict. • Negotiation in the family • Reducing conflict. 	<p>Sibling group of all ages</p>		<p>Enter your email Coassemble</p>