

Spring Term Online Workshops 2026 for parents in Hertfordshire



Sibling Rivalry - Online via MS Teams

This parenting workshop promotes cooperation and manages conflict between siblings.

Friday 13 March 9.30 to 11.30

Anxiety around ADHD - Online via MS Teams

This workshop helps parent/carers understand what ADHD is, why it makes sense for a child to be anxious if they have ADHD and provides strategies to help support you and your child.

**Wednesday 18 March 7pm to 9pm or
Thursday 26 March 9.30am to 11.30am**

Empowering Parenting - Online via MS Teams

A workshop to equip parents with practical tools, resources and strategies to enhance parenting skills and navigate parenting challenges effectively

Friday 20 March 9.30am to 11.30am

Its a Dads Life - Online via MS Teams

A workshop for dads to help build strong attachment and relationships with their child.

Tuesday 24 March 7pm to 9pm

For more information, you can scan our QR code to make a referral or call Louise and Lesley on **0204 522 8700/8701** or email **services@familylives.org.uk**.



We build better family lives together

www.familylives.org.uk

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