

## **Barnardo's Children & Family Centres in Forest and Stroud:**

Hilltop Children and Family Centre, Latimer Road,  
Cinderford, Gloucestershire, GL14 2QA  
Tel: 01594 827595.

River Children and Family Centre, Naas Lane,  
Lydney, Gloucestershire, GL15 5AU  
Tel: 01594 842589.

Stonehouse Park Children and Family Centre,  
Elm Road, Stonehouse, Gloucestershire,  
GL10 2NP  
Tel: 01453 821012.

Treetops Children and Family Centre,  
School Road, Dursley, Gloucestershire,  
GL11 4NZ  
Tel: 01453 545904.



## **Barnardo's Targeted Family Support Service**

Service Name: Forest and Stroud TFS Service  
Manager: Helen Neill (CSM)

**Believe in  
children**  
Barnardo's



**Forest and Stroud  
Targeted Family  
Support Service**

**Parenting  
Programme  
Schedule**

**September to December  
2021**



# Parenting Programme Schedule

September to December 2021



**Rockpool ACES - Virtual and Face to Face sessions based on Adverse Childhood Experiences (ACES)** (which are stressful events occurring in childhood that can negatively influence how individuals live their lives.)

This programme aims to look at the impact of ACES on individuals and how this affects them and their children. It supports parents to develop the protective factors that help mitigate the impact on the ACES experiences. Practical methods are explored to develop the resilience they need for themselves and their children. The course does not revisit the trauma but looks at how trauma affects our behaviour, activates triggers and influences our life choices.

Rockpool is taking place face to face, from September 2021 to December 2021. This will be covering Adults and Children as well as a second course on Domestic Abuse. Timings to be confirmed.

**You and Me, Mum - Face to Face sessions**  
**10 week programme available**

You and Me, Mum is a programme for mothers who have experienced domestic abuse focussing on the impact on their role as mothers and the effects of domestic abuse on children. The programme empowers women to reflect on their parenting and make positive changes for them and their children to move forward following the abuse.

**You and Me, Mum taking place at Stonehouse Park Infant School - from Tuesday 21st September 2021 at to Tuesday 30th November 2021 (not including 28th October as this is half term). Timing to be confirmed.**

**Solihull Approach – understanding your child's Behaviour - Virtual sessions**

**10 week programme available – 0-11yr old**

Suitable for parents with children from universal to complex needs. Based on the Solihull Approach model of containment, reciprocity and behaviour management and uses social learning theory in the design of the parenting programme. The Solihull groups are for parents and carers who want to know more about parenting and how children develop, and to understand children's behaviour better. Issues explored include: Having fun together; Development needs; Behaviour difficulties; Sleep; Communication; Parenting styles

**Solihull taking place virtually - from Tuesday 28th September 2021 to Tuesday 23rd November 2021 (not including 26th October as this is half term.)**

Timings to be confirmed.

To book a place on any of the above programmes or to make a referral into our service, please contact

Early Help Front Door (details below)

Call - 01452 328584

Email - [gloucesterearlyhelp@gloucestershire.gov.uk](mailto:gloucesterearlyhelp@gloucestershire.gov.uk)

Search - [www.glosfamiliesdirectory.org.uk](http://www.glosfamiliesdirectory.org.uk)

