

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**.



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www.familylives.org.uk

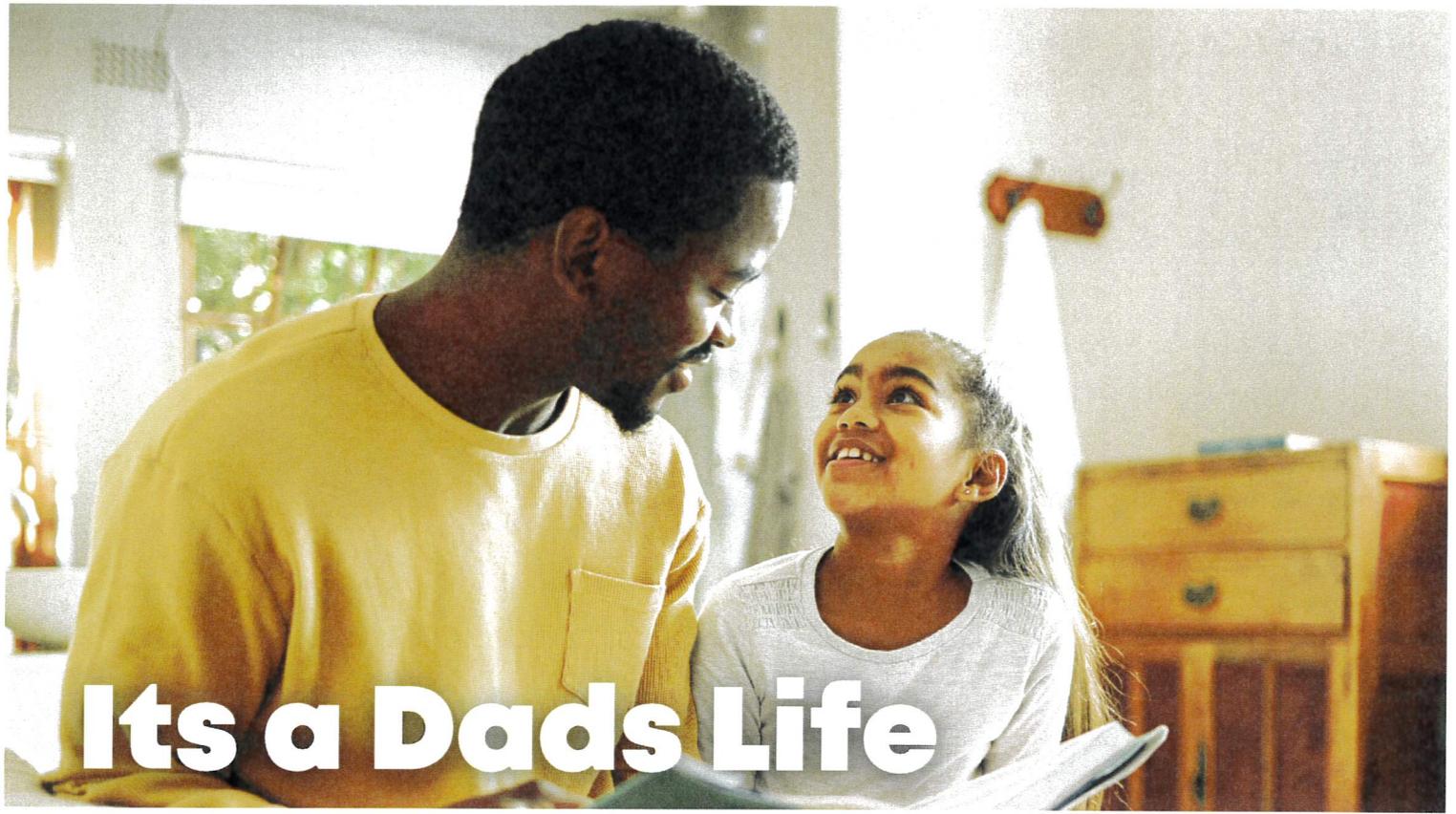


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Funded by
Hertfordshire
County Council



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Its a Dads Life

Free Online Workshop for Dads

For many dads, managing their children's behaviour can prove a particularly challenging time when raising children. This workshop aims to empower dads with the knowledge and skills to develop deeper connections with their children and enhance their parenting journey.

When

Tuesday 24 March 2026

7.00pm to 9.00pm

Online via MS Teams



Scan Me!

To book your place:

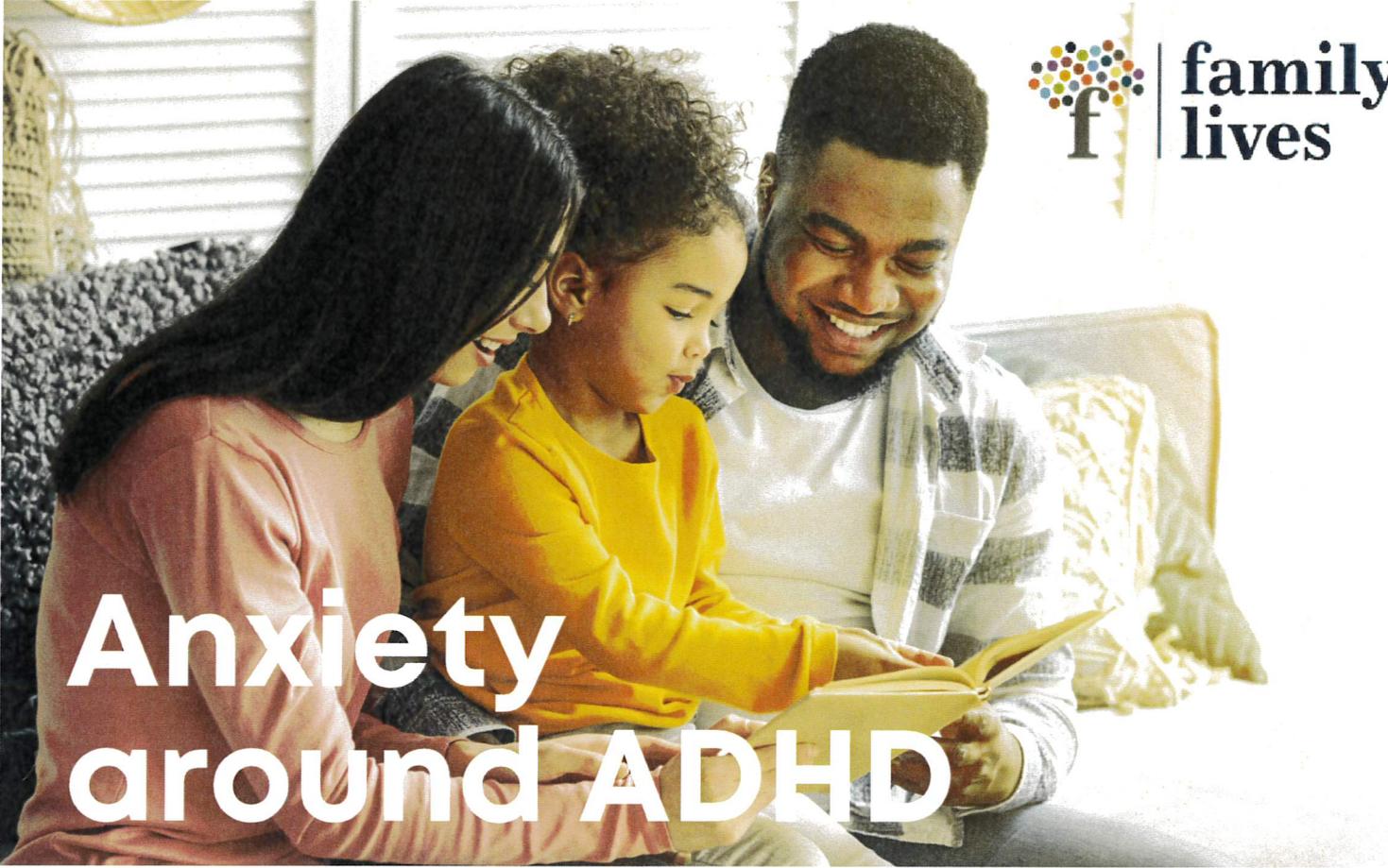
- Please scan our QR code to use our online referral form
- Or call Lesley on 020 4522 8701

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Anxiety around ADHD

The workshop helps parents and carers navigate:

- What is ADHD
- Understanding why a child with ADHD may also have anxiety
- Explore strategies to help support you and your child
- Signposting to other support that is available



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Thursday 26 March 9.30am to 11.30am
Online via MS Teams**

To book your place, call **Lesley** on **020 4522 8701**, email **services@familylives.org.uk** or scan our QR code to use our online referral form

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