

Introduction to the Family Hubs Parental Relationships offer

This session will be delivered by Ruth Sullivan, Parental Relationships Practitioner and will cover:

- **An overview of the Family Hubs Parental Relationships offer.**
- **Recognising and reducing parental conflict for the families you are working with.**
- **How to differentiate between what is parental conflict or domestic abuse.**
- **Eligibility and how to refer.**
- **Resources that can be used to help you with this work.**



Date: Tuesday 6th February 2024

Time: 10am-11am

Via Teams link: [Click here to join the meeting](#)

Please share with any colleagues or professionals you feel would like to join this session.

Supporting parents with family anxiety (online session)

This session will be delivered by Katie Wood, Educational Psychologist based in Brighton and will cover:

- **The neurological causes of anxiety.**
- **When anxiety is manageable versus when it is harmful, and the support available.**
- **Strategies for parents supporting their children's anxiety.**
- **Time for questions and answers and group discussion**



Wednesday 7th February

Time: 9:30-10:30

Via Teams link: [Click here to join the meeting](#)

Please share this link with any colleagues who would like to attend.

Practical tips for how to support parents in conflict

This session will be delivered by Ruth Sullivan, Parental Relationships Practitioner and will cover:

- **Practical tips on how to use resources.**
- **Recognise when parents are in conflict, and how to offer support.**
- **Time for a question and answer session on all aspects of parental relationships.**
- **Introducing tools, support and next steps including the Friday Surgery with Ruth starting in March 24.**



Date: Tuesday 20th February 2024

Time: 10am-11am

Via Teams link: [Click here to join the meeting](#)

Please share with any colleagues or professionals you feel would like to join this session.

Positive Parenting – An introduction to Triple P Parenting Interventions

This session will be delivered by Gina and Steph, Senior Intervention Workers for Family Hubs and will include:

- **A real life example of part of the course that is delivered to parents.**
- **A review the five key principles and the parenting strategies included in the Triple P Positive Parenting programme.**
- **Overview of the different Triple P levels of intervention and how to refer.**
- **The benefits of parents attending Triple P based on evidence-based international research.**



Thursday 22nd February 2024

Time: 10am-12

Committee Rooms 2 & 3,
Brighton Town Hall

Email: eleanor.stewart@brighton-hove.gov.uk

Positive Parenting – An introduction to Parenting Interventions (online session)

This session will be delivered by Donna and Kim, Senior Intervention Workers for Family Hubs and will include:

- **A review the five key principles and the parenting strategies included in the Triple P Positive Parenting programme.**
- **Overview of the different Triple P levels of intervention and how to refer.**
- **Overview of the Video Interactive Guidance intervention and how to refer.**
- **The benefits of parents attending courses based on evidence-based international research.**
- **See a clip of the parenting courses that are delivered to parents.**



Monday 19th February 2024

Time: 12:00 – 13:30

Via Teams link: [Click here to join the meeting](#)

Please share this link with any colleagues who would like to attend.