

**FREE**

# online parenting workshop



## Parenting Workshops Autumn 2024

**10th  
Sept  
10am-12pm**

### CONTACT EALING

This workshop looks at support available for families of children & young people with additional needs, including information on education, health, social care and finances

**17th  
Sept  
10am-12pm**

### UNDERSTANDING YOUR TEENAGER

Learn about how the emotional development through adolescent, how to support mental health in teenagers and tips to empathise with your child

The session is for parents/carers of young people aged 12-18

**1st  
Oct  
10am-12pm**

### UNDERSTANDING YOUR EMOTIONS AND MANAGING YOUR RESPONSES

Designed to provide you with practical tools and strategies to understand emotions, this session will help you to identify triggers and manage your responses.

**8th  
Oct  
10am-12pm**

### IMPACT OF DOMESTIC ABUSE ON CHILDREN & YOUNG PEOPLE

How to identify abusive behaviour, develop an understanding of how to recognise the effects of domestic abuse on parenting, and learn where to find local support

email [parentingserviceadmin@ealing.gov.uk](mailto:parentingserviceadmin@ealing.gov.uk) to register your place

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**15th  
Oct  
10-11:30am**

### AN INTRODUCTION TO SPEECH AND LANGUAGE THERAPY

Tips to support speech development and improve communication with your child, where to find support if you have any concerns. How children learn additional languages, and gain knowledge on the role of a speech therapist

**22nd  
Oct  
10am-12pm**

### EALING'S LOCAL OFFER

Join us for an overview of support and services available in Ealing which support children with additional needs and their families, including a walkthrough on the Local Offer website

**29th  
Oct  
10am-12pm**

### TALKING TO YOUNG PEOPLE ABOUT SEXUAL HEALTH

This session will discuss how to talk about sex and sexual health without shame or embarrassment. You will learn what is available through local clinics and what STI testing involves.

This session is for parents/carers of teenagers

**12th  
Nov  
10am-12pm**

### INTERNET SAFETY

This workshop will look at the positive & negative ways children use the internet today and what parents & carers need to know to be proactive in keeping them safe online.

This session is for parents/carers of children aged 13 & under

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# Parenting Workshops Autumn 2024

**26th  
Nov  
10am-12pm**

**EMPLOYMENT, BENEFITS  
& RETRAINING**

Discover what support is available for you, how to access training, advice on returning to work, where to start retraining, and what benefits are you entitled to when working

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