

Together for Families Parenting

Parenting Workshops

January – March 2024



Understanding your Child

- Early Years (ages 1-3)
- Primary Years (ages 4-8)
- Transition Years (ages 9-11)

Workshop Description

Delivered over 10 weeks, each weekly session is 2-hours.

This is an evidence-based workshop that covers topics such as:

- How your child develops
- Understanding how your child is feeling
- Tuning into what your child needs
- Responding to how your child is feeling
- Different styles of parenting
- Having fun together
- The rhythm of interaction
- Why is sleep important?
- Self-regulation and anger
- Communication and tuning in
- Looking back and looking forwards

Workshop Dates

East		
Ages 1-3	Mondays 9:30-11:30	15.01.24 – 25.03.24 Bodmin Family Hub
Ages 4-8	Thursdays 9:30-11:30	11.01.24 – 21.03.24 Callington Family Hub
Mid		
Ages 1-3	Fridays 9:30-11:30	12.01.24 – 22.03.24 The Park Family Hub
Ages 4-8	Thursdays 9:30-11:30	11.01.24 – 28.03.24 Trelander Family Hub
West		
Ages 1-3	Mondays 9:30-11:30	15.01.24 – 25.03.24 Troon Family Hub
Ages 4-8	Thursdays 9:30-11:30	11.01.24 – 21.03.24 Hayle Family Hub
Countywide		
Ages 1-3	Thursdays 12:30-14:30	11.01.24 – 21.03.24 Virtual MS Teams
Ages 1-3	Wednesdays 18:00-20:00	21.02.24 – 24.04.24 Virtual MS Teams
Ages 4-8	Wednesday 12:30-14:30	24.01.24 – 27.03.24 Virtual MS Teams
Ages 9-11	Wednesdays 9:30-11:30	24.01.24 – 27.03.24 Virtual MS Teams
Ages 9-11	Thursdays 18:00-20:00	22.02.24 – 25.04.24 Virtual MS Teams
Ages 9-11	Mondays 18:00-20:00	26.02.24 – 29.04.24 Virtual MS Teams





Take 3

Workshop Description

Delivered over 10 weeks, each weekly session is 2-hours.

This is an evidence-based workshop that covers topics such as:

- What's adolescence?
- Encouraging young people
- The power of listening
- Misbehaviour and listening
- The four styles of parenting
- Taking stock, "I" statements and boundaries
- Negotiating boundaries and consequences
- When adults disagree – more negotiation practice
- Saying goodbye and moving on

Living with Parents

Workshop Description

A one-day workshop delivered over 5-hours.

This is an evidence-based workshop for parents and carers to attend with their young person:

- Interactive/structured activities
- Guided discussion
- Group work
- Strategies and top tips
- Discussing effective communication
- Relationship building
- Boundary setting

Workshop Dates

East		
Ages 12-18	Mondays 12:30-14:30	08.01.24 – 18.03.24 Bodmin Family Hub
Ages 12-18	Thursdays 12:30-14:30	11.01.24 – 21.03.24 Callington Family Hub
Mid		
Ages 12-18	Fridays 12:30-14:30	12.01.24 – 22.03.24 The Park Family Hub
Ages 12-18	Thursdays 12:30-14:30	11.01.24 – 21.03.24 Trelander Family Hub
West		
Ages 12-18	Mondays 12:30-14:30	08.01.24 – 18.03.24 Troon Family Hub
Ages 12-18	Thursdays 12:30-14:30	11.01.24 – 21.03.24 Hayle Family Hub
Countywide		
Ages 12-18	Fridays 9:30-12:30	12.01.24 – 22.03.24 Virtual MS Teams
Ages 12-18	Thursdays 18:00-20:00	20.02.24 – 23.04.24 Virtual MS Teams

Workshop Dates

East		
Ages 12-18	Friday 9:30-14:30	09.02.24 Wadebridge Family Hub
Ages 12-18	Friday 9:30-14:30	15.03.24 Torpoint Family Hub
Mid		
Ages 12-18	Friday 9:30-14:30	22.03.24 Trelander Family Hub
West		
Ages 12-18	Friday TBD	TBD





Supporting Healthy Relationships

Me You and Baby Too (MYBT)

Workshop Description

Delivered over 3 weeks, each weekly session is 2-hours.

A course for all new or expectant parents/carers:

- What your baby picks up on
- How to support each other
- How arguments start, and how to manage them constructively

Arguing Better (AB)

Workshop Description

Delivered over 3 weeks, each weekly session is 2-hours.

A course for all parents/carers with a child of any age:

- How to support each other
- How arguments start, and how to manage them constructively
- Impact on children

Getting it Right for Children (GIRFC)

Workshop Description

Delivered over 3 weeks, each weekly session is 2-hours.

A course for separating or separated parents/carers:

- How to stay calm and listen
- Seeing things differently
- Finding solutions and making compromises

MYBT Workshop Dates

Countywide		
Ages 0-12months	Tuesdays 12:30-14:30	30.01.24 – 13.02.24 Virtual MS Teams
Mid		
Ages 0-12months	Tuesdays 12:30-14:30	20.02.24 – 05.03.24 St Austell Family Hub
West		
Ages 0-12months	Tuesdays 12:30-14:30	12.03.24 – 26.03.24 Penzance Family Hub

AB Workshop Dates

Countywide		
Ages 0-19	Tuesdays 12:30-14:30	30.01.24 – 13.02.24 Virtual MS Teams
East		
Ages 0-19	Tuesdays 12:30-14:30	20.02.24 – 05.03.24 Launceston Family Hub
West		
Ages 0-19	Tuesdays 12:30-14:30	20.02.24 – 05.03.24 Penzance Family Hub

GIRFC Workshop Dates

Countywide		
Ages 0-19	Tuesdays 12:30-14:30	30.01.24 – 13.02.24 Virtual MS Teams
East		
Ages 0-19	Tuesdays 12:30-14:30	12.03.24 – 26.03.24 Launceston Family Hub
Mid		
Ages 0-19	Tuesdays 12:30-14:30	12.03.24 – 26.03.24 St Austell Family Hub



How to access

Parents/carers or professionals can access the parenting offer by visiting www.cornwall.gov.uk/parenting.

Parents/carers or professionals will be able to self-book onto workshop using the parenting booking portal, which can be found at the above website. If a family requires targeted or specialist support, an Early Help Request for help should be made via the [Early Help Hub](#).

If parents/carers or professionals would like support booking themselves or a parent/carer onto a workshop, they should contact the Early Help Parenting Team using the contact details below. An advice line will be available Monday – Friday, 9am - 5pm to support queries.



Parenting children aged 0 to 11

SELECT A SERVICE

Virtual - Understanding your child (ages 1 to 3) ☐

This is a Virtual course delivered on Micros... [Read more](#)
2 hours

Understanding your child (ages 1 - 3) Bodmin Family Hub ☐

This is a Face-to-Face course delivered over... [Read more](#)
2 hours

Understanding your child (ages 1 - 3) Troon Family Hub ☐

This is a Face to Face course delivered over... [Read more](#)

Understanding your child (ages 1 to 3) The Park Family Hub ☐

This is a Face to Face course delivered over... [Read more](#)



Parenting Young People aged 12 - 18

SELECT A SERVICE

Take 3 - Virtual ☐

This is a 10-week series delivered virtually... [Read more](#)
Free - 2 hours

Take 3 - Bodmin Family Hub ☐

This is a Face-to-Face course delivered over... [Read more](#)
Free - 2 hours

Take 3 - Callington Family Hub ☐

This is a Face-to-Face course delivered over... [Read more](#)
Free - 2 hours

Take 3 - Hayle Family Hub ☐

This is a Face-to-Face course delivered over... [Read more](#)
Free - 2 hours



Supporting Healthy Relationships Workshops

SELECT A SERVICE

Me, You and Baby Too - Virtual - (30 Jan, 6 and 13Feb) ☐

This is a virtual series of 3 sessions running... [Read more](#)
2 hours

Me, You and Baby Too - St Austell Family Hub (20, 27 Feb and 5...) ☐

This is a Face-to-Face series of 3 sessions ru... [Read more](#)
2 hours

Me, You and Baby Too - Penzance Family Hub (12, 19, and 26...) ☐

This is a Face-to-Face series of 3 sessions ru... [Read more](#)
2 hours

Arguing Better - Virtual - (30 Jan, 6 and 13Feb) ☐

This is a virtual series of 3 sessions running... [Read more](#)
2 hours

ADD YOUR DETAILS

First and last name *

First and last name

Email *

Email

Address *

Address

Phone number *

Add your phone number

Notes

Add any special requests

Contact us

Email: parenting@cornwall.gov.uk

Call: 01872 324323

If you would like this information in another format please contact:

Cornwall Council, County Hall, Treyew Road, Truro TR1 3AY

Email: equality@cornwall.gov.uk Telephone: 0300 1234 100

