



Parent workshops and courses 2026/27

Workshop/course	No. of sessions	Dates	Time	Venue	Facilitators
Anxiety based school avoidance workshop – providing strategies for managing school refusal	1	Friday: 11 th September 2026	09:30-12:30	TBC	KC / LM
CYGNET – A support programme for parents of children with autism (condensed)	3	Thursday: 8 th , 15 th & 22 nd October 2026	16:00-19:00	TBC	KC / JW
Teens & Screens workshop – Setting limits and keeping young people safe on the internet	1	Friday: 6 th November 2026	09:30-12:00	TBC	KS / JW
Anxiety management workshop – for parents wanting guidance on managing their child's anxiety	1	TBC	TBC	TBC	RT / SS
Anger Management workshop – Alternative and assertive ways of dealing with anger, abuse and criticism	2	Friday: 4 th & 11 th December 2026	09:30-12:00	TBC	KC / JW
ADHD workshop – support & advice for families of children with ADHD	1	Friday: 15 th January 2027	09:30-12:00	TBC	KC / JW
Take 3 (Tweens & Teens) course – advice & strategies for parents in managing behaviour	4	Wednesday: 3 rd , 10 th & 24 th February & 3 rd March 2027	09:30-12:00	TBC	KC / JW
Child Against Parent Aggression workshop – support for those experiencing aggression from a young person	1	Friday: 19 th March 2027	09:30-12:00	TBC	KC / JW
Adoptive Families workshop – support and advice for families with adopted children	1	Friday: 23 rd April 2027	09:30-12:00	TBC	KC / JW
CYGNET – A support programme for parents of children with autism.	7	Tuesday: 11 th , 18 th & 25 th May and 8 th , 15 th , 22 nd & 29 th June 2027	12:30-15:00	TBC	KC / JW / LM
EHCP workshop – Information for parents on the EHCP process and where to go for help	1	Friday: 9 th July 2027	09:30-11:30	TBC	JW / SENDIASS

To register for any of the above, please email julia.whiteley@aireboroughxs.co.uk