

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>The National Autistic Society Parent/Carer Support Group Coffee Mornings</b> 7 May and 2 July 9:30 to 12pm  Drop in Details on next page <a href="#">The National Autistic Society Parent Carer Support Group (Beaconsfield)</a>	<b>Play and Explore</b>  9:30am to 11am  Drop in <a href="#">Play and Explore</a>	<b>The Nurture Programme</b>  18 April to 27 June  Booking required Details on next page	
<b>Music and Mindfulness Group</b> 3:30pm to 4:30pm Starts 15 April Booking required Details on next page <a href="#">Music and Mindfulness Club</a>	<b>Talking Teens (Virtual)</b> 11am to 1pm 23 April to 21 May Booking required Details on next page <a href="#">Talking Teens</a>	<b>Health Reviews</b>  Appointment only  Details on next page <a href="#">Health Reviews</a>	<b>Health Reviews</b>  Appointment only  Details on next page <a href="#">Health Reviews</a>	
<b>How to Build Confidence and Self-esteem (Virtual)</b> 6pm to 7pm. Starts 15 April Booking required. Details on next page <a href="#">How To Build Confidence and Self-Esteem</a>	<b>How to Move Up to Secondary School (Virtual)</b> 6pm to 7pm. Starts 16 April Booking required Details on next page <a href="#">How to Move Up to Secondary School</a>		<b>Talking Teens (Virtual)</b> 6pm to 8pm 20 June to 18 July Booking required Details on next page <a href="#">Talking Teens</a>	
<b>Keeping Your Child in Mind (Virtual)</b> 6pm to 8pm 8 April to 29 April Booking required Details on next page <a href="#">Keeping Your Child in Mind</a>				

## Session/activity overview and further details

### The Nurturing Programme

The Nurturing Programme is our 10-week 'cognitive-relational programme' giving you new listening and communicating skills to use with your 3 to 11-year-old. It also helps you understand behaviours and improve the emotional health of adults and children in the family and strengthen relationships.

We also deliver a specific Nurturing programme for families of children with SEND.

Email to book [Earlyhelpduty@buckinghamshire.gov.uk](mailto:Earlyhelpduty@buckinghamshire.gov.uk)

### Talking Teens

Talking Teens is our 5-week programme exploring the relationships with your teens including communication, negotiating, decision-making and strategies to reduce conflict. It helps you understand your teenager's feelings and behaviour and gives you strategies to improve your relationship.

The programme is also suitable if your teenager has SEND.

Email to book: [earlyhelpduty@buckinghamshire.gov.uk](mailto:earlyhelpduty@buckinghamshire.gov.uk)

11am to 1pm

### Youth Course

#### How to Build Confidence and Self-esteem

Want to feel better about yourself? Want to feel more confident around other people? If you're in school year 7 or above and live in Bucks, then our interactive, 5-week course could be for you.

#### How to Move up to Secondary School –

Want to feel better about yourself? Want to feel more confident around other people? If you're in school year 7 or above and live in Bucks, then our interactive, 5-week course could be for you.

To book call 01296 383293 or email [earlyhelpduty@buckinghamshire.gov.uk](mailto:earlyhelpduty@buckinghamshire.gov.uk)

### Music and Mindfulness Group

A weekly after-school club for primary ages Year 2 to Year 6 where children will explore emotions and health and well-being through Songwriting, Music making activities, Mindfulness games, Arts and craft. Who is it for: Primary aged children who have emotional wellbeing difficulties.

The club is free of charge.

To enrol visit [www.happity.co.uk/createed](http://www.happity.co.uk/createed)

Please email [info@createed.co.uk](mailto:info@createed.co.uk) for further information

### Keeping Your Child in Mind

In this 4-week programme, we work with parents/carers with different parenting styles, challenges or breakdowns in their relationships. It aims to help parents/carers understand how relationships impact children and how you can support your child to reduce this impact.

Places must be booked before the course

To book call 01296 383293

[earlyhelpduty@buckinghamshire.gov.uk](mailto:earlyhelpduty@buckinghamshire.gov.uk)

### The National Autistic Society Parent and Carer Support Group Coffee Mornings

Come and join us for tea/coffee and chat with other parents and carers.

For more information email:

[southbuckinghamshire.branch@nas.org.uk](mailto:southbuckinghamshire.branch@nas.org.uk)

Children with and without a diagnosis are all welcome. Parents are responsible for their children at all times.

### Play and Explore

A session for families and carers with children aged 0 to 5 years (up to 10 years during school holidays)

There will be a variety of activities including arts and crafts, games and outside play.

No need to book

### Health Reviews

Health reviews are carried out by your health team. This will look at your child's development and health and ensure that your child is in good health.

Invitation only

## Parenting Courses

Buckinghamshire's Family Support Service run a variety of parenting programmes for a range of ages. From toddlers to teens they can give you advice, support and confidence to meet your child's needs and reduce anxiety, stress and arguments at home.

[Free parenting programmes and resources | Family Information Service \(buckinghamshire.gov.uk\)](https://www.buckinghamshire.gov.uk/family-information-service)

## Family Learning Courses

Buckinghamshire Family Learning team run a variety of free courses for parents and carers of children across Buckinghamshire: online courses (five to six weeks) workshops (two hours)  
We design our courses to help parents understand how they can best support their children throughout their early years and at school.

[Family learning courses in Buckinghamshire | Family Information Service](https://www.buckinghamshire.gov.uk/family-learning)

## Youth Space

Activities, events, training and support for 11 to 19-year-olds.

[Youthspace | Family Information Service \(buckinghamshire.gov.uk\)](https://www.buckinghamshire.gov.uk/youthspace)

## Family Centre Plus

**Mapledean Family Centre Plus, Newtown Family Centre Plus, Southcourt Family Centre Plus**

As a Family Centre Plus young people, parents and families can drop in to talk to us  
anytime between 9am and 5pm, Monday to Friday.

[Family centres | Family Information Service \(buckinghamshire.gov.uk\)](https://www.buckinghamshire.gov.uk/family-centres)

