

**Parenting Children with
Anxiety 4+**

For parents of children aged 4-16
years showing signs of anxiety

**Wednesday 5th November - 17th December
10:00-12:00pm - 7 Sessions**

**Supporting Parents of
Teenagers 10+**

For parents/ carers of
teens aged 10–16.

**Wednesday 5th November - 17th December
10:00-12:00pm - 7 Sessions
Sidley Family Hub**

Harmony at Home

This course is for parents or carers
who are in a relationship but aren't
getting along.

**Thursday 6th November - 27th November
10:00-12:00pm - 4 Sessions**

**Teen Life
(National Autistic Society)**

For parents/carers with children
aged 10-16 years who are
diagnosed with Autism or on the
pathway to diagnosis.

**Tuesday 4th November- 16th December
12:30 to 14:30pm - 8 Sessions,
week off at half term**

Calmer Co Parenting

For parents who are separated
or divorced.

Learn at your own pace, anywhere, anytime.
Interactive, easy-to-use online program with videos, activities and
downloadable resources.
Supported by an East Sussex Parenting Practitioner



For more information
about our free
courses, groups
webinars and events.
Scan the QR code

FREE ONLINE webinars for parents/ carers of East Sussex.
From October- December 2025

Managing Anxiety and Avoidance in Children (2-12 yrs)

Want to understand the signs of anxiety and what to look out for?

- Tues 14th Oct 12:30pm - 2:30pm
- Thurs 6th Nov 10:00am -12:00pm
- Tues 9th Dec 10:00am -12:00pm

Becoming a Positive Parent (2-10 yrs)

Want to stay calm when your child isn't?

- Mon 6th Oct 10:00am -12:00pm
- Wed 12th Nov 6:30pm-8:30pm
- Thurs 4th Dec 12:30pm - 2:30pm

Triggers Tantrums & Teaching Moments (2-12yrs)

Want to make small changes that have a big difference?

- Thurs 9th Oct 10:00am -12:00pm
- Tues 4th Nov 10:00am -12:00pm
- Wed 3rd Dec 12:30pm - 2:30pm

Learning about Neurodivergent Children (2-19yrs)

Want to know what neurodivergence actually means and how it impacts behaviour?

- Wed 8th Oct 12:30pm - 2:30pm
- Tues 11th Nov 10:00am -12:00pm
- Wed 10th Dec 12:30pm - 2:30pm

Responding to Teen Emotions (10-19 yrs)

Want to understand what drives teen emotions, choices and challenges?

- Tues 21st Oct 10:00am -12:00pm
- Thurs 11th Dec 12:30pm - 2:30pm

Understanding Teen Behaviour (10-19 yrs)

Want to keep your cool in the chaos?

- Wed 5th Nov 6:30pm - 8:30pm

Pre-recorded webinars that you can watch any time

- Online Safety in a Digital World
- Everyday Ways to Play
- Supporting Big Emotions Before School Starts



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