



Quick Guide- Groups

FREE Groups for parents/ carers of East Sussex.

July- September 2026

No sessions run in half term

NEW EarlyBird 2-4yrs

(National Autistic Society)

learn how to make sense of your autistic child's communication, behaviour and sensory needs

Wed 16th Sept- 11th Nov

10:00-12:00pm

Parenting Children with

Anxiety 4+

learn strategies to support your child's emotional resilience

Wed 16th Sept- 11th Nov

10:00-12:00pm

Parenting children with

ADHD 4+

learn how to go from frustration to connection; strategies to support you and your child to cope

Thurs 24th Sept - 19th Nov

10:00-12:00pm

Calmer Co

Parenting

For parents who are separated or divorced.

Learn at your own pace, anywhere, anytime. Supported by a Parenting Practitioner



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

FREE ONLINE workshops for parents/ carers of East Sussex.
July- September 2026

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

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

- Tues 7th July 10:00 - 12:00pm
- Tues 15th Sept 12:30 - 2:30pm

Becoming a Positive Parent (2-10 yrs)

Want to stay calm when your child isn't?

- Wed 8th July 12:30 - 14:30pm
- Thurs 10th Sept 10:00 - 12:00pm

Triggers Tantrums & Teaching Moments (2-12yrs)

Want to make small changes that have a big difference?

- Thurs 2nd July 10:00 - 12:00pm
- Wed 9th Sept 12:30 - 2:30pm

Learning about Neurodivergent Children (2-19yrs)

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

- Wed 15th July 10:00 - 12:00pm
- Wed 16th Sept 12:30 - 14:30pm

Responding to Teen Emotions (10-19 yrs)

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

- Thurs 16th July 10:00 - 12:00pm
- Tues 29th Sept 12:30 - 14:30pm

Understanding Teen Behaviour (10-19 yrs)

Want to keep your cool in the chaos?

- Wed 15th July 12:30 - 14:30pm
- Mon 21st Sept 10:00-12:00pm



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NEW!

Being a Neurodivergent Parent

Your brain. Your parenting. Your way.

- Thurs 9th July 10:00 - 12:00pm
- Mon 14th Sept 12:30 - 14:30pm

Quick Guide- Webinars

School Transition

Moving to secondary school

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

- Wed 5th August 19:00 - 20:30pm

School Transition

Emotional readiness for primary school

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

- Wed 12th August 19:00 - 20:30pm

Power Hours

A shorter online bitesize session of learning and information

From July- September 2026

An Insight into Anxiety

A shorter online bitesize session of learning and information

Tues 11th August
19:00 - 20:00 pm

The Teenage Brain

A shorter online bitesize session of learning and information

Thurs 27th August
19:00 - 20:00 pm

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



To book or ask a question, email
EH.0-19parentingteam@eastsussex.gov.uk