Positive Parenting Groups

Herefordshire Council

Stronger Families, Brighter Futures

Fear-Less — 3 Week Course

Anxiety
For parents of children aged 6-14

13/01/2027 10am-12pm Virtual
22/02/2027 1pm-3pm Widemarsh Family Hub
14/04/2027 6pm-8pm Virtual
07/06/2027 1pm-3pm Leominster Children's Centre





Togetherness — 5 Week Course

Understanding your Child
For parents of children aged 0-12

13/01/2027 10am-12pm Greencroft Centre
13/04/2027 1pm-3pm Ledbury Children's Centre

Stepping Stones — 5 Week Course

Additional Needs
For parents of children aged 2-12

14/01/2027 10am-12pm Greencroft Children's Centre
14/04/2027 10am-12pm Leominster Children's Centre
09/06/2027 6pm-8pm Virtual





Baby — 8 Week Course

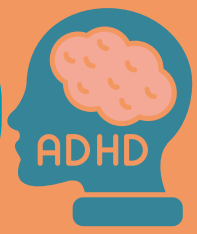
For parents of children aged up to 12 months

13/01/2027 10am-12pm Widemarsh Family Hub
14/04/2027 10am-12pm Widemarsh Family Hub

ADHD — 8 Week Course

For parents of children aged 6-12

14/01/2027 12.30pm-3pm Greencroft Centre
12/04/2027 12.30pm-3pm Ross Childen's Centre
08/06/2027 9.30am-12pm Leominster Children's Centre



Available on request subject to demand

Standard, age 2-10
5 Week Course

A supportive course designed to boost parenting confidence and promote happier, calmer family life.

Teen, ages 10+
5 Week Course

A practical course that gives parents the tools and confidence to support their teenager through the teenage years.



ALL SESSIONS MUST BE ATTENDED

If you'd like to attend please call, email or complete the referral form on Herefordshire Council website (Search Triple P)

Families First Parenting Team 01432 260276

FFParenting@herefordshire.gov.uk

★ TOGETHER WE CAN ★
BUILD CONFIDENCE, RESILIENCE AND STRONGER FAMILIES!