

East Hants Family Support Service

Summary Course Information for Parents and Carers

<p style="text-align: center;">Family Links Nurture</p> <p>A solution focused 10-week course for parents of children of all ages.</p> <p>Parenting strategies & tools to equip parents to deal with the challenges of the parenting journey through the years, at various ages and stages of a child's development</p>	<p style="text-align: center;">Teen Nurture</p> <p>A solution focused 4-week course for parents of teenagers.</p> <p>Teen Nurture offers parenting strategies and tools to equip parents to deal with the challenges of the teenage years</p>	<p style="text-align: center;">Non-Violent Resistance (NVR)</p> <p>For parents/ carers experiencing child to parent violence.</p> <p>For parents caring for young people who are violent, aggressive, or self-destructive.</p>	<p style="text-align: center;">Ace Recovery Toolkit</p> <p>Looks at the consequences for parents whose early childhood experiences resulted in a high number of adverse childhood experiences and the resultant toxic stress. It aims to provide parents with a toolkit for resilience, and protective factors to minimise the impact of ACEs on their own children</p>	<p style="text-align: center;">Speak Easy</p> <p>Speakeasy is a fun and relaxed course that will help parent/carers gain the knowledge and confidence they need to talk positively to their children about sex, relationships and growing up.</p>
<p style="text-align: center;">HENRY – Healthy Start, Brighter Future</p> <p>For parents and carers of children aged 0 – 5 years</p> <p>Key Elements covered:</p> <ol style="list-style-type: none"> 1) Feeling more confident as a parent. 2) Physical activities for little ones 3) What children and the whole family eat 4) Family Lifestyle Habits 5) Enjoying Life as a family 	<p style="text-align: center;">Talking Teens</p> <p>Teenagers are rewarding, stimulating and fun, but being a parent of one can be stressful and challenging. The Talking Teens Parent Group helps deal with those challenges, so you can have a calmer, happier family life.</p>	<p style="text-align: center;">SOS</p> <p>SOS - Sessions of Support</p> <p>Individual 30-minute sessions</p> <p>SOS supports with a single issue and will help you identify where you can gain further support or which parenting course will suit you best.</p>	<p><u>PLEASE NOTE</u></p> <p>Enrolment on FSS courses is by professional referral only, ie Health Visitor, School, Pre-school</p> <p>You will need to complete a FSS level 2 referral – to be signed by both parent and the referrer.</p> <p>Please also note all our courses are currently being run virtually. To attend you must have access to a digital device, ie Smartphone, Tablet, etc</p>	