



Parenting help Family Learning courses

About Our Parenting Courses

Family Learning courses and workshops are free for parents, carers and grandparents to help you create a better family life.

Do you want to better understand and support your children and teenagers' behaviour, anxiety and mental health? If so, enrol on one of our parenting courses or workshops to impact positively on your family life.

- Support children and teenager's resilience and self- esteem
- Learn about children and teenager's development and strategies to support positive behaviour
- First steps to understanding your neurodivergent child
- Learn strategies to support your anxious child and teenager

Our tutors are supportive and knowledgeable, and classes are relaxed, informal and delivered online.

If you want to find out more about our parenting courses please visit:

Surrey Family Learning

<https://www.surreycc.gov.uk/schools-and-learning/adult-learning/courses/family-learning>

Topics we cover

- Understanding your Neurodivergent child
- Understanding child to parent violence
- Managing anxiety
- Build your child's resilience
- Explore and learn to support your child's behaviour
- Developing your child's self esteem
- Support your child's early years
- Building your child's concentration
- Help your child develop positive routines
- Support your child's sensory needs
- Supporting your LGBTQ+ child