

# Parenting Programmes

January-March 2024



[parenting@towerhamlets.gov.uk](mailto:parenting@towerhamlets.gov.uk)

020 7364 6398

[www.towerhamlets.gov.uk/parentingprogrammes](http://www.towerhamlets.gov.uk/parentingprogrammes)

# Timetable January-March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>SFSC* English</b> 10 weeks <b>15 January - 25 March</b> <b>10am-1pm</b> St John's Primary School Crèche available</p>	<p><b>SFSC* Bengali</b> 11 weeks <b>9 January - 26 March</b> <b>10am-1pm</b> Parents Advice Centre</p>	<p><b>Triple P for Baby</b> 9 weeks <b>17 January - 20 March</b> <b>10am-12.30pm</b> Overland Children's Centre Crèche available</p>	<p><b>SFSC* Bengali Intro</b> 5 weeks <b>11 January - 8 February</b> <b>10am-12noon</b> Zoom</p>	<p><b>Emotional First Aid</b> 6 weeks <b>15 January - 25 March</b> <b>10am-12.30pm</b> St John's Primary School</p>
<p><b>Family Transitions</b> 6 weeks <b>29 January - 11 March</b> <b>10.30am-12.30pm</b> Parents Advice Centre</p>	<p><b>SFSC* Online</b> 5 weeks <b>30 January - 5 March</b> <b>10am-12noon</b> Zoom</p>	<p><b>Triple P Teen</b> 9 weeks <b>17 January - 20 March</b> <b>10am-12.30pm</b> Central Foundation School</p>	<p><b>SFSC* Bengali Intro</b> 5 weeks <b>22 February - 21 March</b> <b>10am-12noon</b> Zoom</p>	<p><b>SFSC* Intro</b> 5 weeks <b>23 February - 22 March</b> Hestia Women's Refuge</p>
<p><b>SFSC* short course</b> 5 weeks <b>26 February - 25 March</b> <b>10am-12.30pm</b> Mulberry School for Girls</p>	<p><b>Triple P One-offs</b> 3 weeks <b>12, 19, 26 March</b> <b>10am-4pm</b> John Smith Children Centre</p>	<p><b>SFSC* English</b> 12 weeks <b>10 January - 17 April</b> Lawdale Junior School</p>	<p><b>Triple P Group</b> 8 weeks <b>15 January - 14 March</b> <b>10am-12.30pm</b> Mowlem Children's Centre</p>	
	<p><b>Early Repair</b> 2 days <b>6 February - 5 March</b> <b>10am-4pm</b> Eva Armsby Centre</p>		<p><b>Emotional First Aid</b> 6 weeks <b>15 January - 25 March</b> Harry Gosling Primary School</p>	
	<p><b>Somali Network sessions</b> 10 weeks <b>16 January - 13 February</b> <b>10am-12noon</b> Malmsbury Primary School</p>			



# Venue details

VENUE	ADDRESS
Central Foundation Girls School	25-33 Bow Road, E3 2AE
Eva Armsby Centre	6 Glamis Road, E1W 3EG
Harry Gosling Primary School	Fairclough Street, E1 1NT
Hestia Women's Refuge	Beaufort House, 15 St Botolph Street, EC3A 7BB
John Smith Children's Centre	90 Stepney Way, E1 2EN
Lawdale Junior School	Mansford Street, E2 6LS
Malmsbury Primary School	Coborn Street, E3 2AB
Mowlem Children's Centre	Wadeson Street, E2 9DL
Mulberry School for Girls	Richard Street, Commercial Road, E1 2JP
Overland Children's Centre	60 Parnell Road, E3 2RU
Parents Advice Centre	30 Greatorex Street, E1 5NP



# Programmes

PROGRAMME	AGE	DESCRIPTION
Early Repair	All fathers and male carers	Early repair is a brief awareness 2-day group programme for fathers identified as using abuse (physical and/or emotional and/or coercive control). Early Repair is for fathers who are assessed as being a lower risk in accordance with the Tower Hamlets risk matrix. Professional referrals only.
Emotional First Aid	All parents	Offers an overview of mental health and wellbeing in relation to parenting. Learn strategies to manage anxieties, identify stress factors, gain a better understanding of ourselves and promote a healthier sense of wellbeing. Crèche available.
Family Transitions	All parents	For parents who have experienced separation or divorce to learn how to co-parent effectively and to learn strategies how to deal with the loss of their relationship with their ex partner. Crèche available.
SFSC	2-18 years	Aims to increase parental self-esteem and confidence and reduce child behavioural difficulties.
Somali Network Sessions	All parents	Monthly sessions for Somali parents and carers to come together for discussion and learning on a variety of topics.
Triple P for Baby	0-12 months	To prepare parents for a positive transition into parenthood and the first year with baby promoting sensitive and responsive care.
Triple P Group	2-11 years	For parents who wish to build positive relationships with their child, increase self-confidence and develop their skills and techniques for dealing with difficult behaviour. Crèche available.
Triple P Teen	12-18 years	For parents who wish to build positive relationships with their teens, increase self-confidence and develop their skills to communicate more effectively with their teens.

## Get in touch

For all inquiries email: [parenting@towerhamlets.gov.uk](mailto:parenting@towerhamlets.gov.uk)

Tel: **020 7364 6398**

To book a place or to make a referral download a referral form,  
scan the QR code or click or visit

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