

Autumn Term 2026 Parenting Offer for Richmond

Courses, workshops and sessions available:

Digital Parenting - An individual workshop providing practical strategies to understand children's device use, manage screen time, and safely navigate online risks like gaming, inappropriate content, and AI. For families with children of any age.

(At Ham Children's Centre at 12.30pm – 2.30pm on November 17th; and at Heathfield Children's Centre at 12.30pm – 2.30pm on December 16th)

Making Sense of Big Feelings - A relaxed, neuro-inclusive workshop providing practical, science-based strategies to understand children's big emotions, calmly de-escalate meltdowns, and help them feel heard and validated. For families with children of any age.

(At Barnes Children's Centre at 12.30pm – 2.30pm on October 6th; and at The White House Family Hub at 10.00am – 12.00pm on November 9th)

The Nurturing Programme (The Centre for Emotional Health) - A 10-week evidence-based course for families with primary school aged children, designed to help parents and carers understand children's behavior while promoting emotional well-being for the whole family. It focuses on building positive relationships, effective communication, and practical positive discipline strategies.

(At Heathfield Children's Centre at 12.30pm – 2.30pm from September 23rd to December 2nd)

Parents In Conflict - A three-week course for parents and co-parents focusing on practical communication strategies, managing disagreements constructively, and reducing the impact of relationship conflict on children's well-being. For families with children of any age.

(At Ham Children's Centre at 12.30pm – 2.30pm from December 1st to December 15th)

Playful Parenting (The Centre for Emotional Health) - A two-session programme for families with children under 5 focusing on building strong parent-child attachment through play, understanding child development, and using low-cost resources to support healthy emotional growth and positive discipline.

(At The White House Family Hub at 12.30pm – 2.30pm on October 16th and October 23rd)

Stay and Play Drop Ins - An informal drop-in space to speak face-to-face with the Parenting Lead about any concerns regarding your child's behavior, ask questions, and discover upcoming parenting courses.

(At Ham Children's Centre at 10.00am – 11.30am on September 24th; at Barnes Children's Centre at 9.30am – 10.45am on October 6th; at The White House Family Hub at 9.30am – 11.00am on October 9th; at Sunflower Centre at 9.30am – 11.00am on November 10th; and at Heathfield Children's Centre at 9.30am – 12.30pm on December 10th)

Talking Teens (The Centre for Emotional Health) - A four-session programme for parents and carers of teenagers, focusing on understanding adolescent brain development, improving communication, managing conflict, and setting consistent boundaries.

(At Powerstation Youth Centre at 9.30am – 11.30am from September 28th to October 19th)

Teen Life (National Autistic Society) - A specialized six-session programme for parents and carers of children and young people aged 10–16 who have an autism diagnosis, focusing on understanding autism in adolescence, supporting communication, and promoting independence.

(At Ham Children's Centre at 12.30pm – 3.00pm from November 6th to December 11th)

Triple P Online (Triple P) - An interactive, self-paced 8-module online programme with videos and practical activities for parents and carers of children under 12. It provides positive parenting strategies to manage behavioral challenges and establish a calmer home environment. For parents and carers who are unable to access our in-person parenting courses.

Triple P Stepping Stones Online (Triple P) - An interactive, self-paced 6-module online programme featuring videos and activities for parents and carers of children with disabilities, neurodiversity, or additional needs. It provides research-backed strategies to enhance communication, encourage independence and self-care, and confidently manage challenging behaviors at home. For parents and carers who are unable to access our in-person parenting courses.

One-to-One Parenting Advice - A personalized, confidential one-to-one support session offering tailored guidance and practical strategies to address your specific concerns around your child's behavior, emotions, or family dynamics. Available upon request either online, over the phone, or in person, you can book a slot or a professional can book a slot on your behalf by visiting <https://forms.gle/Wu4jetQB78GsmjiC8>

Outreach in schools, nurseries and other settings (Professionals only) - If you want a member of the Achieving for Children Richmond parenting team to deliver a bespoke workshop or information session for your families, you can fill in the request form by visiting <https://forms.gle/YyCeYzGg972FJSAZ8>

Courses coming soon:

The Incredible Years - Basic Programme (The Incredible Years) - A 12 week evidence-based programme for parents and carers of children aged 3–6, focusing on strengthening parent-child relationships, nurturing social and emotional development, and using positive strategies to manage challenging behavior.

Triple P Basic (Triple P) - A 12 week programme for parents and carers of children aged 0–12 experiencing moderate to severe behavioral challenges. It provides targeted, step-by-step strategies to help parents confidently manage specific difficulties, teach new skills, and promote healthy development.

Triple P Seminars (Triple P) - A series of three standalone 90-minute seminars for families with children under 12, combining video and discussion to introduce core positive parenting strategies. Each session covers a different subject with no requirement to attend them all, helping parents manage common behavioral challenges and build resilience.

Triple P Stepping Stones Seminars (Triple P) - A series of three standalone 90-minute seminars for families with children under 12, combining video and discussion to introduce positive parenting strategies specifically for parents and carers of children with additional needs or disabilities. Each session covers a different topic with no requirement to attend them all.

How to request a place or register your interest:

To request a place on any of these courses, workshops and services, to enquire about future course availability, or if you want any further information, please contact Tom Maybey, Richmond Parenting Lead at Tom.Maybey@achievingforchildren.org.uk or call/text on 07864 609 913.

Locations of courses and workshops:

Barnes Children's Centre

- Stay and Play Drop In: Tuesday, October 6th, 9.30am – 10.45am
- Making Sense of Big Feelings: Tuesday, October 6th, 12.30pm – 2.30pm

Ham Children's Centre

- Stay and Play Drop In: Thursday, September 24th, 10.00am – 11.30am
- Teen Life: 6 sessions running weekly on Fridays, 12.30pm – 3.00pm (November 6th to December 11th)
- Digital Parenting: Tuesday, November 17th, 12.30pm – 2.30pm
- Parents In Conflict: 3 sessions running weekly on Tuesdays, 12.30pm - 2.30pm (December 1st to December 15th)

Heathfield Children's Centre

- The Nurturing Programme: 10 sessions running weekly on Wednesdays, 12.30pm – 2.30pm (September 23rd to December 2nd, incorporates break for half term)
- Stay and Play Drop In: Thursday, December 10th, 9.30am – 12.30pm
- Digital Parenting: Wednesday, December 16th, 12.30pm – 2.30pm

Powerstation Youth Centre

- Talking Teens: 4 sessions running weekly on Mondays, 9.30am – 11.30am (September 28th to October 19th)

Sunflower Centre

- Stay and Play Drop In: Tuesday, November 10th, 9.30am – 11.00am

The White House Family Hub

- Stay and Play Drop In: Friday, October 9th, 9.30am – 11.00am
- Playful Parenting: Fridays, 12.30pm - 2.30pm, October 16th and October 23rd
- Making Sense of Big Feelings: Monday, November 9th, 10.00am – 12.00pm

Online/Various locations

- Triple P Online
- Triple P Stepping Stones Online
- One-to-One Parenting Advice

Courses and workshops by date:

Date	Time	Location	Event
September 23rd	12.30pm – 2.30pm	Heathfield Children's Centre	The Nurturing Programme (Session 1)

September 24th	10.00am – 11.30am	Ham Children's Centre	Stay and Play Drop In
September 28th	9.30am – 11.30am	Powerstation Youth Centre	Talking Teens (Session 1)
September 30th	12.30pm – 2.30pm	Heathfield Children's Centre	The Nurturing Programme (Session 2)
October 5th	9.30am – 11.30am	Powerstation Youth Centre	Talking Teens (Session 2)
October 6th	9.30am – 10.45am	Barnes Children's Centre	Stay and Play Drop In
October 6th	12.30pm – 2.30pm	Barnes Children's Centre	Making Sense of Big Feelings
October 7th	12.30pm – 2.30pm	Heathfield Children's Centre	The Nurturing Programme (Session 3)
October 9th	9.30am – 11.00am	The White House Family Hub	Stay and Play Drop In
October 12th	9.30am – 11.30am	Powerstation Youth Centre	Talking Teens (Session 3)
October 14th	12.30pm – 2.30pm	Heathfield Children's Centre	The Nurturing Programme (Session 4)
October 16th	12.30pm - 2.30pm	The White House Family Hub	Playful Parenting (Session 1)
October 19th	9.30am – 11.30am	Powerstation Youth Centre	Talking Teens (Session 4)
October 21st	12.30pm – 2.30pm	Heathfield Children's Centre	The Nurturing Programme (Session 5)
October 23rd	12.30pm - 2.30pm	The White House Family Hub	Playful Parenting (Session 2)
November 4th	12.30pm – 2.30pm	Heathfield Children's Centre	The Nurturing Programme (Session 6)

November 6th	12.30pm – 3.00pm	Ham Children's Centre	Teen Life (Session 1)
November 9th	10.00am – 12.00pm	The White House Family Hub	Making Sense of Big Feelings
November 10th	9.30am – 11.00am	Sunflower Centre	Stay and Play Drop In
November 11th	12.30pm – 2.30pm	Heathfield Children's Centre	The Nurturing Programme (Session 7)
November 13th	12.30pm – 3.00pm	Ham Children's Centre	Teen Life (Session 2)
November 17th	12.30pm – 2.30pm	Ham Children's Centre	Digital Parenting
November 18th	12.30pm – 2.30pm	Heathfield Children's Centre	The Nurturing Programme (Session 8)
November 20th	12.30pm – 3.00pm	Ham Children's Centre	Teen Life (Session 3)
November 25th	12.30pm – 2.30pm	Heathfield Children's Centre	The Nurturing Programme (Session 9)
November 27th	12.30pm – 3.00pm	Ham Children's Centre	Teen Life (Session 4)
December 1st	12.30pm – 2.30pm	Ham Children's Centre	Parents In Conflict (Session 1)
December 2nd	12.30pm – 2.30pm	Heathfield Children's Centre	The Nurturing Programme (Session 10)
December 4th	12.30pm – 3.00pm	Ham Children's Centre	Teen Life (Session 5)
December 8th	12.30pm – 2.30pm	Ham Children's Centre	Parents In Conflict (Session 2)
December 10th	9.30am – 12.30pm	Heathfield Children's Centre	Stay and Play Drop In
December 11th	12.30pm – 3.00pm	Ham Children's Centre	Teen Life (Session 6)
December 15th	12.30pm – 2.30pm	Ham Children's Centre	Parents In Conflict (Session 3)
December 16th	12.30pm – 2.30pm	Heathfield Children's Centre	Digital Parenting