

# HOPE SERVICES AT A GLANCE....



Helping Families to Live and Learn Together

## **ANGER MANAGEMENT**

Courses and workshops for parents/carers and children separately or together to develop strategies to manage anger in the family.

## **PARENT MENTORING**

For parents/carers who would like individual support around parenting issues. Sessions take place in the home or a community venue.

## **MOTHER TONGUE PARENTING SUPPORT**

Culturally sensitive parenting support, courses and workshops for parents in their first language - by arrangement in schools and in the community (Tamil, Gujarati, Urdu, Hindi, Cantonese, Mandarin, Farsi, Kurdish, Dari, Surani, Greek, Chinese, and Arabic and coming soon: Turkish and Albanian)

## **Facilitators are trained in the following evidence based parenting programmes:**

Strengthening Families Strengthening Communities  
Family Links Nurturing Programme  
Speakeasy Sex & Relationship Education  
Triple P - Positive Parenting Programme  
Mellow Parenting  
WhyTry



**JOHN LYON'S  
CHARITY**

All our facilitators and mentors are trained to NVQ Level 3 or above in the different parenting programmes including facilitation skills and 'Working with Parents'

## **EFFECTIVE PARENTING**

Parents/carers learn practical communication skills and positive parenting strategies for everyday life to build relationships and raise confident, happy, and co-operative children.

## **LIVING WITH A TEENAGER**

A course to address specific issues and challenges presented by teens.

Topics include:

Understanding and acknowledging the needs of adolescents

Practicing ways of negotiating and setting limits

Finding different ways to communicate effectively

Explore peer pressure

## **WORKSHOPS**

**Topics include:** Sibling Rivalry, Anger Management, Conflict Resolution, Living with Toddlers, Self Esteem, Bereavement, Bullying, Speakeasy, Stress Reduction, Internet Safety, Parenting Pre-Teens, Bedtime struggles, Homework and motivation, Helping Children Learn, Transition to School

**Workshops can be tailored to meet the needs of parents, schools and community organisations. Please contact us with your specific requirements.**

For further information please phone  
0208 863 7319 or email [info@hopeharrow.org.uk](mailto:info@hopeharrow.org.uk)

Charity Registration No. 1091703

