

# Bristol based Parenting Menu

## On-line City-wide Courses

Term 6+ 2019-20

Co-ordinated by the Families in Focus Parenting Team (FIFPT)

All courses are Free and available to Bristol Parent/Carers

<http://www.bristol.gov.uk/page/children-and-young-people/parenting-courses-currently-running-bristol>

If you are concerned about the well-being of a child please contact the **First Response Team 0117 903 6444**

### City-wide

Course	Provider & Platform	Dates/Times/Contact
<b>Timid to Tiger</b>  For parents of children aged 3 – 10years with anxiety,	<b>Families in Focus Parenting Team</b>  Zoom Programme	<b>Tuesdays 7.30 – 9pm</b>  Starts 14 <sup>th</sup> July 2020  Contact Denise Quilty: 07881 267 126
<b>Non-Violent Resistance (NVR)</b>  Parents of children and teens (8-17y) who use violent or controlling behaviours	<b>Families in Focus Parenting Team</b>  Zoom Programme	<b>Thursdays 1-3pm</b>  Starts 16 <sup>th</sup> July 2020  Contact Saf Cooper: 07760 990 850

Course	Provider & Platform	Dates/Times/Contact
<b>'Back to School'</b> A one-off 2 hour Zoom workshop for parents with school aged children in Bristol, who may be worried about returning to school after lockdown	<b>Families in Focus Parenting Team</b>  Zoom Workshop for Parents	<b>Booking through Eventbrite</b>  <a href="https://www.eventbrite.co.uk/o/parenting-specialists-families-in-focus-bristol-city-council-30649752872">https://www.eventbrite.co.uk/o/parenting-specialists-families-in-focus-bristol-city-council-30649752872</a> .
<b>Please do check with your local Children's Centre to see what further on-line parenting support is being provided.</b>		
<b>Central Bristol Children's Centre</b> (Covers St Pauls, Barton Hill, City Centre, Hotwells, Redcliffe, Whitehall, St. Judes, Easton, Lawrence Hill) Website – <a href="http://www.stpaulschildrenscentre.co.uk">www.stpaulschildrenscentre.co.uk</a> Facebook – Central Bristol Children's centre Phone Number – 0117 9030337 Email – <a href="mailto:stpaulsncc@bristol-schools.uk">stpaulsncc@bristol-schools.uk</a>		
<b>East Bristol Children's Centre</b> (Covers Fishponds, Oldbury Court, Frome Vale, Hillfields, Eastville, Speedwell, St George, Broomhill & St Annes) Website – <a href="http://www.eastbristolchildrenscentre.co.uk">www.eastbristolchildrenscentre.co.uk</a> Facebook – <a href="https://www.facebook.com/eastbristolchildrenscentres">@eastbristolchildrenscentres</a> Phone Number – 0117 3532899 Email - <a href="mailto:eastbristol.childrenscentres@bristol-schools.uk">eastbristol.childrenscentres@bristol-schools.uk</a>		
<b>North Bristol Children's Centre</b> (Covers Filton Avenue, Upper Horfield Lockleaze, Southmead, Henbury, Sea Mills, Long Cross & Avonmouth) Website – <a href="http://www.northbristolcc.org.uk">www.northbristolcc.org.uk</a> Facebook – facebook.com/northbristolcc Phone Number – 0117 3772685 Email - <a href="mailto:nbcc@bristol-schools.uk">nbcc@bristol-schools.uk</a>		
<b>South Bristol Children's Centre</b> (Covers Bedminster, Withywood, Knowle Hartcliffe, Whitchurch, Stockwood, part of Redcliffe, Totterdown) Website – <a href="http://www.southbristolcc.org.uk/">http://www.southbristolcc.org.uk/</a> Facebook: <a href="https://www.facebook.com/SouthBristolChildrenCentreHub/">https://www.facebook.com/SouthBristolChildrenCentreHub/</a> Phone Number – 0117 9030214 Email - <a href="mailto:sbcc@bristol-schools.uk">sbcc@bristol-schools.uk</a>		

## FAMILIES IN FOCUS PARENTING TEAM (FIFPT)

### Parenting Supervisor

Saf Cooper

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### Parenting Specialists

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### South Families In Focus Team

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Daventry Rd

Knowle

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0117 903 7770

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### Parenting Supervisor

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### Parenting Specialists

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### North Families In Focus Team

Ridingleaze

PO Box 3176

Bristol

BS3 9FS

0117 352 1499

[familiesinfocusnorth@bristol.gov.uk](mailto:familiesinfocusnorth@bristol.gov.uk)

### Parenting Supervisor

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### Parenting Specialists

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### East Central Families In Focus Team

Bristol Education Centre

Sheridan Road

Horfield

Bristol

BS7 0PU

0117 357 6460

[familiesinfocuseastcentral@bristol.gov.uk](mailto:familiesinfocuseastcentral@bristol.gov.uk)

### Autism Family Courses

**NAS EarlyBird Programme** (3 month course for Parents and Carers of children with a diagnosis of autism under 5 years)

**Barnardo's Cygnet Course** (7 sessions for Parents and Carers of children with a diagnosis of Autism aged 5-8 years)

**The Teenage Life Autism Course** (Parent information and Advice Course for Parents of Children ages 8-18 years)

**\*These are just some of the courses available for Parents and Carers who have children with Autism.\***

**For more details on any of the Autism Family Courses,**

See <https://www.bristol.gov.uk/web/bristol-local-offer/support-for-parents-of-children-with-autism> or **contact:**

Menai Gore, Business Support Officer at the Family Learning and Family Support Hub

**Tel:** 07827 896 70

**Email:** [menai.gore@bristol.gov.uk](mailto:menai.gore@bristol.gov.uk)

**The YARD Group for parents of Youths and Adolescents using Recreational Drugs** - 8 x 1 1/2 hour sessions fortnightly: information, guidance and practical advice to parents of children who are using drugs or alcohol delivered by Bristol ROADS

For more details please contact:  
Tel: 0117 916 6588  
Email: [family@dhi-services.org.uk](mailto:family@dhi-services.org.uk)

### Online Parenting Courses / Advice and 1:1 Telephone Coaching

- **Family Lives -**

Confidential Helpline: 0808 800 2222 Web: <http://www.familylives.org.uk/how-we-can-help/online-parenting-courses>

- **Parenting UK -**

Web: <http://www.parenting.co.uk/>

- **Netmums -**

Web: <http://www.netmums.com/parenting-support/parenting-advice/netmums-parenting-course-about-the-courses>

- **NSPCC -**

Tel: 0808 800 5000, Email: [help@nspcc.org.uk](mailto:help@nspcc.org.uk) or text 88858

- **Mindfulness for parents-**

<http://www.connectingwithmindfulness.co.uk/>

- **Community Learning Team - Parenting during Lockdown**  
<https://communitylearningwest.net/events/parenting-staying-sane-during-lockdown-online/>