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| **Day**Family Support Service Timetable - New Forest Sep - Dec 2022 | **Group Name**  | **Age Group**  | **Time** | **Venue** | **Frequency**  |
| **Monday** |  |  |  |  |  |
|  **Tuesday** | SGO Support Group  | All SGO carers  | 10-11.30 |  See opposite  | 22nd September New Milton Rugby Club 4th October Testwood Baptist Church 17th November New Milton Rugby Club 13th December Testwood Baptist Church  |
| **Wednesday** | Come and Play Talking Teens NVR  | All service family parents Adults with children aged 13+ | 9.30-1210-1210-12 | Mulberry Community Centre New Milton Rugby Club Pennington Junior School  | Weekly Weekly from 7th Sept Weekly from 21st Sept (exc half term) |
| **Thursday** | ACEs Adult Recovery Toolkit | Adults with children 0-19 | 10-12 | Ringwood  | Weekly from 15th Sept to 1st Dec (exc half term)  |
| **Friday** | Parenting Puzzle  | Adults with children 0-19 | 10-12.30 | Marcella House  | Weekly from 9th Sept – 25th Nov (exc half term)  |



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| **The Freedom Programme**The Freedom Programme is a 12 week programme delivered by trained facilitators. The Freedom Programme looks at the way that abusive men behave and what they believe about the roles of men and women in society. It helps women identify behaviours and beliefs held by abusive men, gain self-esteem and the confidence to improve the quality of their lives.Women only programme.Please call for further details  | **SGO Support Group** An Advice and support group for Special Guardians, which aims to help provide an environment where experience and skills can be shared and discussed. This includes guest speakers and allows an opportunity for SGOs to talk about their hopes and concerns for their young people.**Come and Play/Mulberry Chat** This group is available for Service families. There is a range of activities available including arts and crafts, messy play, soft play, stories and songs. Families can also talk to an Assistant Family Support Worker about parenting, managing behaviour, finances or any other issues that may be affecting them | **ACE’s Adult Recovery Toolkit** ACEs are stressful or traumatic experiences, including abuse, neglect and a range of household dysfunctions such as witnessing domestic violence, or growing up with substance abuse, mental illness, family breakdown or bereavement. The topics covered in this 10 week course areUnderstanding and living with ACEsDeveloping parental resilienceUnderstanding toxic stress and strategies to manage itUnderstanding attachmentNurturing parenting stylesManaging emotionsDeveloping strategies to reduce the potential impact of ACEs on children | To book onto one of the FSS courses, or for more information please email newforest.earlyhelp@hants.gov.ukOr call 02380 627735**Please note FSS courses are by professional referral only****OUR ADDRESS**New Forest Family Support ServiceHCC Childrens Services Department Totton Hub  1 High Street Totton SO40 9HL  |
| **Parenting Puzzle**There’s no doubt that looking after children can be stressful and challenging. This 10 week Nurturing Programme helps you deal with those challenges so that you can have a calmer, happier life. The course will help you understand why children behave as they do and explore different approaches.Parenting for children and young people aged 0-to-19 years.**Talking Teens**Talking Teens is a Family Links course to compliment the Parenting Puzzle course. The themes covered within the 4 week programme areResearch on adolescent developmentPraise and criticismReponses to challengeCommunication strategiesRules and boundariesProblem solving approaches | **Hope 2 Recovery**The Hope 2 Recovery toolkit is a programme designed to deliver face to face / online support for individuals that are experiencing, or have experienced, domestic abuse/violence and are able to take part in the group.The programme is 6 weeks and all sessions are 1 hour.The overall aims are:To have a greater understanding of the behaviours of abusive partners and their use of coercive control.To have a better understanding of the difference between healthy/unhealthy and abusive relationships.Have a better understanding of their parenting role and the challenge of being a nurturing parent while in an abusive relationship.Consolidate this learning to enable future plans to be based on the safety of themselves and their children. | **HENRY**Health, Exercise and Nutrition8-week course for parents. The course is fun and informal, exploring together what makes a healthy family lifestyle and giving parents the tools and skills to give their child a healthy start and to deal with some of the challenges along the way. It offers practical support for parents and carers to help develop their confidence, boost their self-esteem and build on their strengths **Tots Talking** Tots Talking is a programme developed to improve the language skills of two year olds, with the aim of getting parents to talk to their children more, preparing them for nursery and schoolTots Talking consists of eight one hour facilitated sessions (children do not attend the sessions) in which they explore information about early language and take part in behaviour changing activities.  The sessions are supported by an App which parents can download to follow the sessions and access the information at home.It is not aimed at parents of children already identified as having Speech and language support or SEND.Please call for details of the district offer  | **NVR** NVR (non violent resistance) focuses on all aspects of family life to provide an intervention that will make sustainable changes.NVR relies on the commitment of the parent to change, giving them the skills they need to overcome their sense of helplessness, develop a support network, and address unmet social, emotional and physical needs which could be linked to disruptive behaviour at home.We provide a 10 week courses tailored to meet the needs of the families involved. Each session focuses on one of the following themes:De-escalationParental PresencePrioritising BehavioursSupport Networks and siblingsEmotional IntelligenceUnmet Needs and Reconciliation GesturesAnnouncement and Self AnnouncementSit-InsRe-cap, celebration of achievements, and plan for the future |

