

Family Hub Service Courses

April to July 2025

Talking Teens - Parents of Secondary Age Children

is a 4-module programme with a focus on relationships within the family, communication, negotiating, decision-making and strategies to reduce conflict between parents and teens. It is delivered either face to face or online as well as either in 1 day or over 5 weeks

1 Day in Person
Wednesday 30th April 2025
10.00am – 4.00pm
Castlefield Family centre Rutland Avenue
High Wycombe HP12 3LL

5-week virtual course
Thursday evenings
24th April – Thursday 22nd May 2025
6pm – 8pm

2 Day in Person
Monday 12th and Tuesday 13th May 2025
10am to 1pm
North Bucks Area (Buckingham, Winslow)

2 Day in Person
Monday 16th and 23rd June
10am – 2pm
Princes Risborough Family Centre
Princes Risborough Primary School
Wellington Avenue, Princes Risborough HP27 9HY

1 Day in person
Wednesday 9th July 2025
10am to 4pm
Elmhurst Family Centre
Dunsham Lane, Aylesbury HP20 2DB

5-week virtual course
Tuesday evening
10th June - 8th July 2025
6pm – 8pm

Nurture Programme - Parents of Primary Age Children

is a 10-module programme for parents of children that aims to empower parents to build positive relationships, encourage co-operative behaviour, and develop resilience, empathy and self-esteem in themselves and their children. This programme is also suitable for parents of children with disabilities. It is delivered either over 10 weeks, 5 weeks or 2 or 3 full days

5-week in person
Friday 9:30 – 2:30
9th May, 16th 23rd 6th and 13th June 2025
Beaconsfield Family Centre
Beacon Close, Beaconsfield HP9 1RJ

3 Days in person
Wednesday 9.30am – 2.30pm

7th 14th and 21st May 2025

9.30am – 2.30pm
Castlefield Family Centre
Rutland Avenue, Castlefield HP12 3LL

5-day in person
Friday 10am to 12:45pm
6th 13th 20th 27th June and 4th July 2025
Elmhurst Family Centre
Dunsham Lane, Aylesbury HP20 2DB

Keeping Your Child in Mind (KCIM) Parents of children of all ages

A 4-module programme and is for parents, and carers of children of any age. The programme is to explore conflict between parents/carers both in a current or previous relationship. It is delivered either face to face or online as well as either in 1 full day, 2 short days or over 5 weeks.

It is not appropriate for people within an abusive relationship

1 day in person
Wednesday 10:00am – 4:00 pm
12th March 2025
Castlefield Family Centre
Rutland Avenue, Castlefield HP12 3LL

2 day in person
Monday 11:00am to 1pm
14th July and 21st July 2025
Berryfields Family Centre
John Fitzjohn Avene, Aylesbury HP18 0FG

Little Talkers – Parents and toddlers 18 months to 3 years

All groups are over a 5-week programme for parents of children between 18 months and 3 years where there are concerns around their talking and understanding of language. It is designed by Buckinghamshire Speech and Language Therapy service and is a fun and relaxed session for **you to attend with your child** where you can learn useful ways to encourage your child's talking and listening skills.

Please note that if you are concerned there is a delay in your child's speech, you can get advice directly from the [Speech and Language Therapy \(SALT\)](#) service.

SALT offers 30-minute online or telephone sessions with one of our therapists. These are for parents and carers only, please do not include your child in this session. To request a session contact us at:

Email: Buc-tr.cyptherapies@nhs.net **Phone:** 01296 838000 (Option 4)

Tuesday 1pm to 2pm
22nd April to 20th May 2025
Wing Family Centre
Church Street, Wing Leighton Buzzard
LU7 0NY

Thursday 1pm to 2pm
5th 12th 19th 26th June and 3rd July 2025
Marlow Family Centre
Newfield Road, Marlow SL7 1JW

Tuesday 1pm to 2pm
3rd 10th 17th 24th June and 1st July 2025
Elmhurst Family Centre
Dunsham Lane, Aylesbury, HP20 2DP

Wednesday 1:00 pm to 2:00 pm
11th 18th 25th June and 2nd 9th July 2025
Beaconsfield Family Centre

Beacon Close, Beaconsfield HP9 1RJ

Courses for Young People

Wellbeing Matters – children age between 7 and 11 years of age

is a workshop for primary aged young people (usually aged between 7 and 11) that uses a range of fun and engaging activities to explore topics such as wellbeing, understanding emotions, self-esteem, resilience and relationships with others. This workshop is ideal for young people who may need support in one or more of these areas and consists of a mixture of independent and group-based activities

1 day
Wednesday 10am to 2pm
9th April 2025 (Easter)
Berryfields Family Centre
John Fitzjohn Avene, Aylesbury HP18 0FG

1 day
Wednesday 10.00am – 3.00pm
28th May 2025 (Half Term)
Burnham Family Centre
Minnicroft Road, Burnham SL1 7DE

How to Deal with Stress, Anxiety and low mood - young people between 11 and 16 years of age

aims to help young people name, express and normalise emotions, explore techniques for managing them and explore the relationship between thoughts, feelings and actions. It explores what stress, anxiety and low mood are and aims to give practical tips to help improve mood and offer strategies for dealing with setbacks

Virtual for 5 weeks
Wednesday 6pm - 7pm
23rd April to 21st May 2025

Virtual for 5 weeks
Tuesdays 6pm -7pm
3rd June – 8th July 2025

How to Build Confidence and Self-Esteem – young people between 11 and 16 years of age

aims to equip young people with practical strategies to increase their confidence and self-esteem. The course includes exploring values and identity, how to be assertive, the impact of social media on body image, coping with setbacks and dealing with peer pressure.

Virtual for 5 weeks
Wednesday 6pm to 7pm
23rd April to 21st May 2025

How to Move Up to Secondary School for Year 6s

Moving Up to Secondary School is a workshop specifically for young people in Year 6. The workshop prepares young for this transition by exploring what to expect, tackling any fears and worries, navigating friendships and getting organised with practical tools and techniques to help them feel ready for the step up to secondary school.

Workshops
Monday 14 April 1pm to 3pm
Tuesday 27 May 11am to 1pm
Tuesday 12 August 1pm to 3pm