

Parent/Carer Support Programmes

January – March 2026

A complete guide to free parenting programmes available in Waltham Forest

- ✓ Increase knowledge and understanding of children's development and needs
- ✓ Build positive relationships
- ✓ Improve behaviour and communication
- ✓ Meet other parents
- ✓ Reduce parenting stress



**Best
Start
in Life**



Timetable

The following sessions are targeted at parents and carers of children at the ages listed below. Descriptions of all courses can be found on the following pages.

All sessions are weekly unless otherwise stated.

All programmes are free and fully funded by Waltham Forest Council.

Monday

EarlyBird

Age 0-5

19 January - 16 March

9.30am - 12pm

Walthamstow Library,
High Street, E17JN

Cygnets Teens

Age 12-18

19 January - 2 March

9.30am - 12pm

Lester House

99 Leyton Green Road, E10 6DB

Cygnets Teens

Age 12-18

2 February - 23 March

5.30pm - 8pm

Online

Calm Parents, Calm Children

Age 4-11

19 January - 9 February

1pm - 3pm

Salisbury Manor Primary
School, 4 Burnside Avenue,
E4 8YJ

Beezee Families

Age 5-15

12 January - 30 March

4.30pm - 6.30pm

Walthamstow School for Girls,
E17 9RZ

Connective Family Formula

Age 11-18

19 January - 2 March

8pm - 9pm

Online

Tuesday

Communicating with Teenagers

Age 12-18

13 January - 10 February

10am - 12pm

Adult Learning Service,
97 Queens Road, E17 8QR

HENRY

Healthy Families

Age 0-5

27 January - 24 March

1pm - 3pm

Queens Road Family Hub,
E17 8PJ

Connective Family Formula

Age 0-11

13 January - 24 February

1pm - 2pm

Online

Break Tha Cycle

Age 0-18

From 20 January

1pm - 3pm

Queens Road Family Hub,
E17 8PJ

Beezee Families

Age 5-15

13 January - 31 March

5pm - 7pm

Leyton Sports Ground, E17 3PW



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Wednesday

You Matter Too

Age 0-1

28 January and 4 March

10am - 12pm

Queens Road Family Hub, E17 8PJ

HENRY Healthy Families

Age 0-5

28 January - 25 March

10am - 12pm

Leytonstone Library,
6 Church Lane, E11 1HG

Cygnets Primary

Age 5-11

11 February - 25 March

5.30pm - 8pm

Online

Calm Parents Calm Children

Age 4-11

25 February - 25 March

10am - 12 noon

Queens Road Family Hub, E17 8PJ

Beezee Families

Age 5-15

14 January - 1 April

4.30pm - 6.30pm

South Chingford
Congregational Church, E4 8LT

Thursday

Triple P Babies

Age 0-1

22 January - 26 March

9.30am - 11.30pm

Walthamstow Family Hub,
E17 5PX

Strengthening Families Strengthening Communities

Age 0-18

9.30am - 12.30pm

Leyton Sports Ground,
E17 3PW

Raising Resilient and Confident Children

Age 4-11

29 January - 12 February

7.30pm - 9.30pm

Online

EarlyBird

Age 0-5

22 January - 26 March

5.30pm - 8pm

Online

Maximus Beezee Families

Age 5-15

15 January - 2 April

5pm - 7pm

Walthamstow School for Girls,
E17 9RZ

Friday

Triple P Toddlers

Age 1-2

16 January - 13 March

10am - 12pm

Queens Road Family Hub
E17 8PJ

Waltham Forest Parents Forum Support Groups

ADHD: 9 January, 6 March

Autism: 6 February

11am - 1pm

99 Leyton Green Road,
E10 6BD



Universal Programmes

NEW

Triple P Babies

For parents of babies up to 1 year old

Learn how to promote your baby's development better, build a stronger bond and support their emotional and physical health.

Book via: bit.ly/lbwfparenting

You Matter Too - Parent and Baby Wellbeing Workshops

For parents of babies up to 1 year old

Reflect, recharge, and explore simple ways to care for your wellbeing. You'll leave with practical tools and a personal action plan. Babies welcome!

Wednesday 28 January, Wednesday 4 March at Queens Road Family Hub, E17 8PJ.

Email: earlyhelpparenting@walthamforest.gov.uk

Triple P Toddlers

For parents of children aged 1 to 2

Promote your child's development and help prevent challenging behaviour.

Book via: bit.ly/lbwfparenting



Strengthening Families, Strengthening Communities

For parents of children aged 2 to 18

This course helps you make positive changes at home by building your child's social skills and self-control. You'll also learn useful ways to handle challenges and grow your confidence as a parent

Book via: bit.ly/lbwfparenting

Email: sfscparent@racefound.org.uk for any queries

Universal Programmes

Calm Parents Calm Children

For parents of children aged 4 to 11

Increase knowledge and skills in parenting in a positive and confident manner. Reflect on parenting strengths and learn strategies to manage behaviour and stay calm in challenging family situations.

Web: bit.ly/CalmParents

HENRY Healthy Families Group Programme

For families with children under 5

Join our interactive weekly sessions. The programme covers these 5 themes across 8 weeks and provides everything you need to help get your little one off to a great start

- Parenting confidence
- Physical activity for little ones
- What children and families eat
- Family lifestyle habits
- Enjoying life as a family

Online sessions available.

Free creche provided for our face-to-face programme.

Web: bit.ly/wfhenry **Phone:** 02084965223

Email: wfsupport@henry.org.uk

Raising Resilient and Confident Children

For parents of children aged 5 to 11

Learn how to effectively support your child's mental health and wellbeing.

Web: bit.ly/CalmParents

BeeZee Families

For 5 to 15-year-olds and their families

Fun-filled, family-focused exercise sessions with exciting activities and practical healthy eating advice to help you feel great and live your best life.

Web: wlf.maximusuk.co.uk/beezeefamilies



Programmes for families with children with special educational needs and disabilities (SEND)

Connective Family Formula

For parents and carers of children and young people aged 0 to 25 with SEND

Helping you to create a calmer family home with practical tips on how to increase connection with your child, manage meltdowns and learn tools for self care.

Book via: bit.ly/lbwfparenting



Cygnets and EarlyBird (diagnosis needed)

For parents and carers of children with an autistic spectrum condition.

- EarlyBird is for parents and carers of children aged 0 to 5
- Cygnets is for parents and carers of children aged 5 to 11, and 12 to 18

Increase your understanding of autism, learn how your child experiences the world, and explore what drives their behaviour. You'll receive ASC resources and have the chance to connect with other parents and carers who share similar experiences. Both online and in-person courses available.

Book via: bit.ly/lbwfparenting

Triple P Stepping Stones

For parents and carers of children with SEND up to 12 years old

Learn about causes of behaviour that challenges, setting specific goals, and using tools to promote your child's development and plan for high-risk situations.

Book via: bit.ly/lbwfparenting

Waltham Forest Parent Forum SEND Family Support Groups

For parents and carers of children aged 0 to 25 with SEND in Waltham Forest

Come along and share experiences, discuss ideas, explore resources and develop a support network. Part of the session will be a training slot and the remainder will give the opportunity to chat to other parents and carers. All led by specialist Advisory Teachers from Flourish Specialist Education Services.

No need to book. All sessions run from 11am to 1pm at 99 Leyton Green Road, E10 6DB, on following dates:

Autism: 6 February **ADHD:** 9 January, 6 March

Expert-Led Online Programmes

Strengthening Families Strengthening Communities

For parents of children aged 0 to 18

Gain some new ideas to help you be the best parent you can be, and enhance your relationship with your children. Discussion groups for both courses are available in daytime and evening slots, with new groups being scheduled regularly. Groups are also offered in community languages and for families with specific needs, for example, for parents of neurodivergent children.

Topics include:

Building healthy relationships, understanding and managing behaviour, boosting your child's self-esteem, exploring emotions and developing empathy, understanding your child's developmental stage.

The course includes:

- Six self-led online sessions that you can access anytime
- Six group discussion sessions with a parenting expert

Getting started is easy:

- Go to: bit.ly/sfscwalthamforest
- Choose the age range that matches your child
- Pick a day and time for your group discussions
- Fill in your contact details and answer a short questionnaire
- Click on 'Your Profile' to begin your course

If you need any help, email: sfscparent@racefound.org.uk **or** earlyhelpparenting@walthamforest.gov.uk

Stronger Relationships programme

For parents and carers of children aged 0 to 18

Whether you are a couple, co-parent or carer, this programme will help you communicate positively and recognise when parental conflict is harmful and its effects on children. A safe space to work out your parenting values and see your co-parent's perspective.

Sign up: bit.ly/strongerwf



Programmes for families with older children and teenagers

Parenting Insight Workshops

For parents and carers of teenagers

A chance to take a deep dive into a particular topic.

All online: 6pm - 7.30pm

- **Social Media Awareness 8 January**, raise awareness and hear the support available to empower parents and carers regarding children potentially being targeted via social media and exposed to exploitation and trauma.
- **Sexual Health Awareness 15 January**, this workshop will empower parents and carers to broach the topic of sexual health with young people, share knowledge of service provision, the C-card scheme, and how to look after our health in terms of asymptomatic screening.
- **Gangs Awareness 5 February**, learn about the support available for vulnerable children and the potential links to exploitation and trauma via gangs.
- **Digital Harms Awareness 12 February**, raise awareness and the support available to parents and carers regarding vulnerable children and the potential links to exploitation and trauma via online gambling.
- **Relationship Awareness 19 February**, for those with children who are vulnerable to being drawn into negative friendships and the potential links to exploitation and trauma.
- **Missing Outreach Awareness 5 March**, learn about children who go missing and the potential links to exploitation and trauma.

Email: earlyhelpparenting@walthamforest.gov.uk



Communicating with Teenagers - Solving Problems Collaboratively

For parents and carers of teenagers

Discover some new ways to effectively communicate with your adolescent child and become a collaborator in the challenge of resolving teenage life problems.

Run by Waltham Forest Adult Learning Service.

Web: bit.ly/CalmParents

Other Support for Parents/Carers

Waltham Forest Parent Forum

For families with a child aged 0 to 25 with special educational needs and/or disabilities

A friendly, voluntary group in Waltham Forest, offering a variety of training, workshops and sessions for parents, carers and children.

Web: walthamforestparentforum.com

Picking Up The Pieces

For mothers and female carers affected by domestic abuse

A three week group programme to empower survivors of domestic abuse. Help to increase confidence in your parenting and providing a safe and confidential space to help you heal.

To book a place, call 0300 330 5479 or **email**
wftherapeuticmarketplace@solacewomensaid.org

Playtime - A stay and play for bereaved families

Hosted by Daphne & Friends CIC

A welcoming play session for babies, toddlers and their caregivers who have experienced the loss of a pregnancy, baby or child. Connect with others who understand your journey, while your children enjoy toys and activities.

Find us at the Castle Play Space in Leytonstone and the Grow Well Centre in Walthamstow every week in term time.

For more information, or to book visit daphneandfriends.org/for-families/



Sleep Service and Short Breaks

For families with a child aged 0 to 25 with SEND

Short breaks provide a chance for children with disabilities to spend time away from their carers, try out new things, have fun and make new friends.

Sleep service offers one-to-one support from specialist sleep practitioners, providing practical help for you and your child with sleep difficulties. You can request this service as part of a short break application or on its own.

For more information or to apply visit: bit.ly/shortbreakswf

Other Support for Parents/Carers

Break Tha Cycle's Parent Lounge

For parents and carers of children aged 0 to 18

An advocacy service and so much more!

Supporting you to navigate the school system and complete forms such as Disability Living Allowance (DLA), Personal Independence Payment (PIP), Blue Badge applications, and other paperwork.

We provide a safe and secure space for parents to connect, share experiences, and support one another. Through the Parent Champion volunteer program, you can access training to help support other parents in the community.

Weekly, Tuesdays 1pm to 3pm, term time only, at the Queens Road Family Hub, E17 8PJ. Appointments by referral. A professional can refer you, or you can complete a self-referral form on the day.

Website: breakthacycle.org **Email:** admin@breakthacycle.org **Call:** 07535280467

Parent/carers check-in sessions

For parents and carers of children aged 0 to 18

Led by parent champions. A chance to meet other parents and carers, share experiences, and find out about all of the services available at the Family Hubs.

Email: earlyhelpparenting@walthamforest.gov.uk



HENRY Wellbeing Buddies Support

For expectant or new parents and carers with a child up to the age of 2

When family life feels tough, a HENRY buddy can offer a listening ear. Regular and flexible one-to-one phone or video support at a time that suits you. Buddies will listen, offering practical ideas and help you find local services and support.

Register: links.henry.org.uk/registrationwellbeingprogramme **Phone:** 0208 496 5223

Email: wfsupport@henry.org.uk

Web: henry.org.uk/waltham-forest/well-being-support-henry-buddies

Which programme is best for me?

Pregnancy	Triple P Baby	HENRY Healthy Families Right from the Start
Under 1	Triple P Baby	HENRY Healthy Families Right from the Start
1-3	Triple P Toddlers	HENRY Healthy Families Right from the Start
2-12	Strengthening Families, Strengthening Communities Triple P FearLess	Calm Parents Calm Children Beezee Families HENRY Healthy Families Right from the Start
12-18	Strengthening Families, Strengthening Communities Parenting Insight Workshops	Triple P Teens Triple P FearLess Communicating with Teenagers
Families with children with SEND	EarlyBird Age 0-5	Connective Parenting Sessions Age 0-25 Triple P Stepping Stones Age 0-12 (No diagnoses required)

How to Book

Unless otherwise stated, to sign up or to refer to a parenting course, go to:

bit.ly/lbwfparenting

or scan the QR code:



For other enquiries contact:

Email: earlyhelpparenting@walthamforest.gov.uk

Phone: 07586 713 368

Web: bit.ly/parentingcourselist

