



# Dover Children's Centres Virtual Offer Leaflet for Professionals

January - April 2021



## Building Family Resilience

A four week course for parents to learn about resilience and strategies to support your child and promote our sense of wellbeing.

Wednesdays, starting 3rd March 2021  
9.30am - 11.30am



## introducing solid foods

Introducing solids workshop delivered by Dover Children's Centres and the Health Visiting Team.

Monday 1st February 2021  
10.00am - 11.00am  
Further dates to be confirmed.

relate

## Parents apart

A workshop for parents to help them protect their children from the pain of parent divorce and separation and reduce parental conflict.

Tuesday 2nd February 2021  
9.45am - 2.30pm

Young  
Active  
Parents

A weekly group providing support to help parents become more confident, make new friends and offer information and access to health services, education and work.

Thursdays, starting 28th January,  
1.00pm - 2.00pm

**For further information or to refer a family to any of these workshops or courses, please contact:**

Kent Adult Education, Relate and Introducing Solid Foods:  
Buckland & Whitfield Children's Centre - 03000 414941 - [ddsc@kent.gov.uk](mailto:ddsc@kent.gov.uk)  
Young Active Parents :  
03000 413387 - [Angela.Mcmanus@kent.gov.uk](mailto:Angela.Mcmanus@kent.gov.uk)





## **Nursery Rhyme & Singing sessions**

A three week programme aimed at families with a child aged 1-4 years who would benefit from extra support, ideas and information around learning and development, using nursery rhymes and singing.

**Invitation only, for further information or to refer a family, please contact:**

**Buckland & Whitfield Children's Centre - 03000 414941 - [ddsc@kent.gov.uk](mailto:ddsc@kent.gov.uk)**

### **Understanding you, understanding your child (Kent Parenting Programme)**

A targeted course for families who are receiving Level 3 or 4 support.  
Referrals for families must be from a professional / caseworker.

### **Cygnnet**

A parenting support programme for parents and carers of children and young people aged 7 - 18 years with or on the referral pathway to ASC (Autistic Spectrum Condition).

**Both of these programmes are targeted support and referrals for families must be from a professional / caseworker.**

**For further information or to refer a family, please contact:**

**[OpenAccessDover@kent.gov.uk](mailto:OpenAccessDover@kent.gov.uk)**

**Please note: this leaflet is for Partners / Professionals only - not to be shared with parents.**