

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

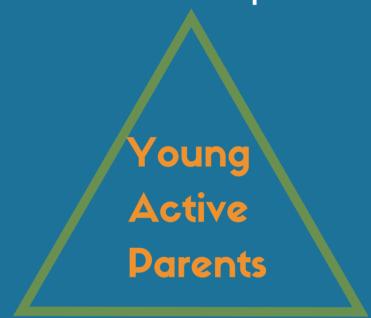
Monday 1st February 2021 10.00am - 11.00am Further dates to be confirmed.



#### **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



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 - ddscc@kent.gov.uk
Young Active Parents:
03000 413387 - Angela.Mcmanus@kent.gov.uk





Nursery Rhyme
8. 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 - ddscc@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.

#### **Cygnet**

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

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

