Parents
Programmes and Workshops

Parenting NI is the leading charity, supporting parents since 1979

For further details on what we can offer please
Email: education@parentingni.org
Call: 028 9031 0891
Visit: parentingni.org
Freephone Parenting NI: 0808 8010 722
Putting Parents First
Parenting NI can deliver a range of 2 hour workshops to parents. Groups can choose a variation from the list of workshops below to meet the specific needs of the group.

Parenting Programmes

**ODYSSEY, PARENTING YOUR TEEN**
- **Duration:** 8 weeks
- **AIM:** To improve the parent/adolescent relationship.

**PARENTING CHILDREN'S CHALLENGING BEHAVIOIRS**
- **Duration:** 6 weeks
- **AIM:** To help parents understand and manage their children's challenging behaviours.

**WALKING ON EGGSHELLS**
- **Duration:** 8 weeks
- **AIM:** To support parents experiencing child to parent violence to achieve a calmer and violent free home based on the Non Violent Resistance approach.

**SINK OR SWIM**
- **Duration:** 6 weeks
- **AIM:** To support parents with emotional and mental health well-being.

**KEEPING YOUR COOL**
- **Duration:** 8 weeks
- **AIM:** To provide parents with the tools to recognise the triggers to their outbursts and manage their emotions.

**PARENTING APART**
- **Duration:** 6 weeks
- **AIM:** To support parents in minimising the impact of separation on children.

**FATHERS AND FAMILIES**
- **Duration:** 6 weeks
- **AIM:** To promote positive parenting skills to fathers.

**STAR PROGRAMME**
- **Duration:** 6 weeks
- **AIM:** A joint parent and child/young person programme to support the parent and child’s relationship by improving their communication skills with each other.