



Venue	Dates / Times	Crèche
<b>Teen Triple P</b> <i>For parents of children &amp; young people  Ages 10+</i>		
Term time only		To book call FIS* 0845 129 7217
<i>For South Bristol Parents only</i> <b>Bridge Learning Campus Primary</b> Teyfant Road Hartcliffe BS13 0RL	Tuesdays 24 <sup>th</sup> Jan (taster) – 27 <sup>th</sup> Mar 9.30 – 11.30 am	No
<b>City Academy Bristol</b> , Russell Town Avenue, Redfield BS5 9JH	Thursdays 19 <sup>th</sup> Jan (taster) – 22 <sup>nd</sup> Mar 10 am – 12 pm	No
<b>Triple P</b> <i>For parents of children ages 2 - 12</i>		
Term time only		To book call FIS* 0845 129 7217
<b>Summerhill Junior School</b> , Plummers Hill, St George, BS5 7JU	Wednesdays 25 <sup>th</sup> Jan (taster) – 28 <sup>th</sup> Mar 7 – 9 pm	No
<i>For South Bristol Parents only</i> <b>Bridge Learning Campus Primary</b> Teyfant Road Hartcliffe BS13 0RL	Thursdays 26 <sup>th</sup> Jan (taster) – 29 <sup>th</sup> Mar 9.30 – 11.30 am	No
<b>Strengthening Families  Strengthening Communities</b>		
Term time only		To book call Lynn Campbell 0117 951 4231
<b>Broadmead Baptist Church</b> , Union Street, <i>For parents who have experienced drug  or alcohol issues</i>	Wednesdays 4 <sup>th</sup> Jan for 13 weeks 10.30 am – 1.30 pm	Yes

Venue	Dates / Times	Crèche
<b>The Nurturing Programme</b> <i>For parents of children ages 2 - 12</i>		
Term time only		To book call FIS* 0845 129 7217
<b>Bannerman Road Children's Centre</b> , All Hallows Road Easton, BS5 0HR	Wednesdays 11 <sup>th</sup> Jan (taster) – 28 <sup>th</sup> Mar 9.15 – 11.15 am	Yes
<b>Hillfields Primary School and Children's Centre</b> , The Greenaway, Fishponds, BS16 4HA	Tuesdays 10 <sup>th</sup> Jan (taster) – 27 <sup>th</sup> Mar 9.30 – 11.45 am	Yes
<b>Henbury Court Children's Centre</b> , Trevelyan Walk, Henbury, BS10 7NY	Wednesdays 11 <sup>th</sup> Jan (taster) – 28 <sup>th</sup> Mar 12.30 – 3 pm	No <i>Please discuss  childcare needs  with venue  3534479</i>
<b>Incredible Years</b> <i>For parents of children ages 2 - 12</i>		
Term time only		To book call FIS* 0845 129 7217
<b>Greenfield Primary School</b> , Novers Lane, Novers Park, Knowle West, BS4 1QW	Thursdays 12 <sup>th</sup> Jan (taster) – 29 <sup>th</sup> Mar 9.30 – 11.30 am	Yes
<b>Bankleaze Primary School and Nursery</b> , Corbet Close, Lawrence Weston, BS11 0SN	Wednesdays 11 <sup>th</sup> Jan (taster) - 28 <sup>th</sup> Mar 1-3 pm	No
<b>*Please note: the cost of a call to an 0845 number is that of a local call from a BT  landline, other providers may cost more. The Family Information Service is able to  return your call on request.</b>		

Venue	Dates / Times	Crèche
<b>MUMS' COMFORT ZONE</b> <i>For teenage parents suffering with prenatal or post natal depression</i>		
<b>To book call Danielle Sealy</b> <b>0117 978 4401</b>		
<b>Teenage Parents Project,</b> The Tenants Centre, Gatehouse Way, BS13 9AN	Thursdays Starting 12 <sup>th</sup> Jan for 12 weeks 12.30 – 4.00 pm	Yes
<b>Knowing Me Knowing My Child</b>	<b>To book call Chris Barlow</b> <b>0117 903 8633</b>	
<b>Hartcliffe Children's Centre</b> Hareclive Road, BS13 0JW	Mondays 16 <sup>th</sup> Jan for 10 weeks 9.30 am – 12.00 pm	Yes
<b>Parent Support Programme</b> <i>For parents of children with Asperger Syndrome, ASD or Autism ages 8-13</i>	<b>To book call Andrew Powell</b> <b>07919 25 88 23</b> <b>andrew.powell@nas.org.uk</b>	
<b>Create Centre,</b> Smeaton Rd, Spike Island, BS1 6XN	Wednesdays 11 <sup>th</sup> Jan – 8 <sup>th</sup> Feb 10.00 am – 2.00 pm	No costs for registered childcare payable on request
<b>Positive Parenting workshops</b>	<b>To book call Illminster CC</b> <b>0117 903 9781</b>	
<b>Illminster Ave Specialist Children's Centre,</b> Throgmorton Road, Knowle, BS4 1HR	Thursdays 1- 3 pm • Less shouting more co-operation 12 <sup>th</sup> Jan – 9th Feb • Supporting children through change 23rd Feb, 1 <sup>st</sup> , 8th Mar • Dealing with tantrums - 15 <sup>th</sup> , 22nd Mar • Confident children - 29th Mar	Yes

Online Parenting Course/ advice	
<b>Relate</b>	<a href="http://www.relateforparents.org.uk/articles.php?search=1">http://www.relateforparents.org.uk/articles.php?search=1</a>
<b>Single Parent Action Network</b>	<a href="http://www.onespace.org.uk/elearning/courses/confident-parenting">http://www.onespace.org.uk/elearning/courses/confident-parenting</a>
<b>Family Lives</b>	<a href="http://familylives.org.uk/free-resources/multimedia">http://familylives.org.uk/free-resources/multimedia</a>
<b>Netmums</b>	<a href="http://www.netmums.com/support/parenting-advice/netmums-parenting-course-about-the-courses">http://www.netmums.com/support/parenting-advice/netmums-parenting-course-about-the-courses</a>
<b>Extended Telephone Support</b>	Complete a referral form online <a href="https://apps.familylives.org.uk/ETS/ETSForm2.aspx">https://apps.familylives.org.uk/ETS/ETSForm2.aspx</a> select 'Gloucestershire' from the - 'Area/Agency/MP' Drop down list to be sent a referral form: <b>Tel:</b> 01453768160 <b>Email:</b> <a href="mailto:admin-glos@familylives.org.uk">admin-glos@familylives.org.uk</a>
ETS is a series of one to one telephone support sessions based on a caching model provided by Family Lives. Up to six calls take place at a regular time that's convenient to the parent, with the same worker, and last for an average of 45 minutes.	
For more information about appropriate referrals see entry in 'Support for Parents directory' <a href="http://www.bristol-cyps.org.uk/page/resources-professionals">http://www.bristol-cyps.org.uk/page/resources-professionals</a>	
<b>Parents who are facing an immediate crisis or problem should be advised of the 24 hour Parentline – 0808 800 2222.</b> Further advice see <a href="http://familylives.org.uk/advice">http://familylives.org.uk/advice</a>	