

Parenting Groups London

Parenting groups are a fantastic way to meet other parents and bond over shared experiences. You can choose from a variety of classes below both in person and online.

We would encourage you to attend an in person session as you will learn more and meet new people. We understand this can be a nerve-wracking experience as a young parent. No doubt you will have many fears surrounding your age and judgement. However, you are just as entitled to be there and learn information to help you be the best parent for your child. See our top tips on overcoming any nerves....

Happity:

Created by Parents for Parents. Happity will help you find local parenting and baby classes in your area; <https://www.happity.co.uk/>

St.Michaels Fellowship Young Parents Group:

St. Michaels offer a Young parent support groups for those under the age of 24. You will share a hot meal and find out more information on how your child is growing. A free crèche is also available so you won't need to arrange or pay for childcare! Find out more information here; <https://stmichaelsfellowship.org.uk/young-parents-group>

Gingerbread Single Parent Groups:

Gingerbread offers single parent support groups to bond with others going through similar experiences. You can find out your nearest group or set up your own here; <https://www.gingerbread.org.uk/community/single-parent-groups/groups/>

Care for Family:

Care for family offer a variety of positive parenting courses. Specific courses include Mums, Dads, Teaching Your Kids About Drugs and Handling Anger in the Family. You can find out more information here; <https://www.careforthefamily.org.uk/courses/parenting-courses-time-out>

The Parenting Partnership Project:

The Parenting Partnership offer a range of evidence based parenting programmes to parents in the Hamersmith and Fulham borough, who have children aged 0 to 18. Find out how you can get involved here; <https://www.lbhf.gov.uk/children-and-young-people/children-and-family-care/family-support-service/free-parenting-courses>

Family Lives:

Family Lives offer a free online course called the Parents Together Programme. This includes six interactive blocks, which you can learn at your own pace. Ideal for those of you who are short on time! Find out how to sign up here; <https://www.familylives.org.uk/how-we-can-help/online-parenting-courses/>

Additionally, they offer in person coaching and parenting workshops on a variety of interesting parenting areas. Search here for more information and dates:

<https://www.familylives.org.uk/how-we-can-help/in-your-area/london-and-the-south-east-south/services-in-your-area/>

Bromley Children Project:

The Bromley Children Project looks to build confidence and promote positive parenting styles for babies and children. Courses are based on practical techniques and their approach considers the family unit as a whole. Sign up here;

https://www.bromley.gov.uk/info/200071/parental_support/769/bromley_children_project/3

Mellow Bumps (Part of Mellow Parenting):

Designed to decrease the stress levels of Mums to Be. Helping Mums understand that babies are preparing for social interaction from the birth and the importance of early brain development. Find out more here; <https://www.mellowparenting.org/our-programmes/mellow-bumps/>

Mellow Dads (Part of Mellow Parenting):

Attachment and relationship based group intervention for Dad's who have babies and young children. With a mixture of reflective and practical techniques to address personal challenges and the issues they face with their children. Find out more here;

<https://www.mellowparenting.org/our-programmes/mellow-dads/>

Mellow Mums (Part of Mellow Parenting):

Attachment and relationship based group intervention for Mum's who have babies and young children. With a mixture of reflective and practical techniques to address personal challenges and the issues they face with their children. Find out more information here;

<https://www.mellowparenting.org/our-programmes/mellow-mums/>

Mellow Ability (Part of Mellow Parenting):

Mellow Ability is a 14-week programme, which aims to support parents and their children with additional needs to enjoy resilient emotionally thriving family lives. The programme

focuses on children aged 4-7 years old who have or are just about to start school. Find out more information here; <https://www.mellowparenting.org/our-programmes/mellow-ability/>

Circle of Security:

Circle of Security is an early intervention programme for parents and carers offering 3 to 10 day parenting courses on relationships and attachments in parent and children. Check out this link for more detail; <https://www.circleofsecurityinternational.com/trainings>

For Baby's Sake:

For Baby's Sake is a programme for expectant parents, whether together as a couple or not, who want to bring an end to domestic abuse and create the best possible start in life for their baby. For Baby's Sake helps both parents to make the lasting changes that they want for themselves and their family. You do not have to be in a stable relationship with your parent to qualify and many co-parents attend. Sign up here; <https://www.stefanoufoundation.org/>

Tavistock Relationships- Parents as Partners Programmes:

Parents as Partners Programme supports parents to strengthening their relationship with each other, so you they more able to face life's ups and downs. Hear from parents who have been on the course. Parents as Partners is a programme that looks at the whole family, not just the relationship between parents and their children. Both parents are involved in sessions, and the group is always led by a male and female pair of trained workers. You do not need to be in a stable relationship and co-parenting is supported. Find out more here; <https://tavistockrelationships.org/relationship-help/parents-as-partners-programme>