

## Evidence Based Parenting Programmes WHSCT 2022/23

Programme Name/Age Range/Attendees	Dates (from-to) Including introductory session	No of weeks	Times (e.g. 10am-12pm)	Location of programme (inc <u>postcode</u> ) <b>Please state if online</b>	Referrals/ enquiries to (email and telephone)	Additional Information e.g. area targeted, criteria (if applicable) crèche provided, transport etc
<b>Incredible Years</b>						
I Y Pre-School Basic	Sept (TBC)	14	10am-12noon	Enniskillen	<a href="mailto:Lisa.storey@Westerntrust.hscni.net">Lisa.storey@Westerntrust.hscni.net</a>	<ul style="list-style-type: none"> <li>• Families from the Enniskillen area</li> <li>• a child between the ages of 2-8 years</li> </ul>
I Y Autism & Speech and Lang	Sept (TBC)	14	10am-12noon	Omagh Surestart	<a href="mailto:Lisa.storey@Westerntrust.hscni.net">Lisa.storey@Westerntrust.hscni.net</a>	<ul style="list-style-type: none"> <li>• Families from the Omagh area</li> <li>• a child between the ages of 2-5 years on an autism journey</li> </ul>
<b>Parenting NI</b>						
Odyssey Parenting Your Teen	Wed 27 <sup>th</sup> September 2023	8 weeks	7pm-9pm	Online (zoom)	<p>To book a place call 08088010722</p> <p>For any further information on this programme contact: <a href="mailto:Lisa.storey@westerntrust.hscni.net">Lisa.storey@westerntrust.hscni.net</a></p>	<p><b>Open Trust wide</b></p> <p>Structured programme designed for parents/ carers of teenagers. The programme aims to improve the relationship and communication between parent and teen whilst supporting parents to navigate their way through raising an adolescent. The programme covers a range of themes including teen development, self-esteem, rules</p>

### Evidence Based Parenting Programmes WHSCT 2022/23

Programme Name/Age Range/Attendees	Dates (from-to) Including introductory session	No of weeks	Times (e.g. 10am-12pm)	Location of programme (inc <u>postcode</u> ) <b>Please state if online</b>	Referrals/ enquiries to (email and telephone)	Additional Information e.g. area targeted, criteria (if applicable) crèche provided, transport etc
						and consequences, dealing with conflict, risk taking behaviour and problem solving.