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1	<p>This is a list of parenting programmes available for mothers, father and carers of children and teenagers. For more information please see the parenting programme guide on the Family Directory via the following link www.islington.gov.uk/familydirectory. You can also check here to find the most up to date timetable. For more information contact the Family Information Service on 020 7527 5959 or contact Fiona Horigan - Parenting Support Commissioner Children's Services Email fiona.horigan@islington.gov.uk Tel:020 7527 8345</p>		
2	<p>Expectant Fathers' Courses</p> <p>. Prospective fathers learn what to expect with a new baby, how to prepare for the birth and their role in the months that follow. Covers practical issues, such as bathing and changing, through to understanding the importance of bonding and being a father / role model.</p>		
3	Start date / Duration	Area / Venue	How to register - priority for families in children's centre area
4	One day course on Saturdays, 10am - 4pm, on: 28 January 2012, 28 April 2012, 28 July 2012 & 24 November 2012	Whittington Hospital	Contact: Paul on 07906 587 335 or 020 7237 5353 or text DAD free on 82727 or email AFP@workingwithmen.org
5	One day course on Saturdays, 10am - 4pm, on: 25 February 2012, 26 May 2012, 29 September 2012 & 15 December 2012	University College Hospital	Contact: Paul on 07906 587 335 or 020 7237 5353 or text DAD free on 82727 or email AFP@workingwithmen.org
6	One day course on Saturday, 31 March 2012, 10am - 4pm	Hungerford Children's Centre, 249 Hungerford Road, London N7 9LF	Contact: Paul on 07906 587 335 or 020 7237 5353 or text DAD free on 82727 or email AFP@workingwithmen.org
7	One day course on Saturday, 30 June 2012, 10am - 4pm	New River Children's Centre, 23 Ramsay Walk, N1 2SX	Contact: Paul on 07906 587 335 or 020 7237 5353 or text DAD free on 82727 or email AFP@workingwithmen.org
8	One day course on Saturday, 18 August 2012, 10am - 4pm	North Islington Nursery School & Children's Centre, 110-112 Tollington Park, N4 3RB	Contact: Paul on 07906 587 335 or 020 7237 5353 or text DAD free on 82727 or email AFP@workingwithmen.org
9	One day course on Saturday, 27 October 2012, 10am - 4pm	Venue TBC	Contact: Paul on 07906 587 335 or 020 7237 5353 or text DAD free on 82727 or email AFP@workingwithmen.org

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10	<p style="text-align: center;">Incredible Years Baby Programme</p> <p style="text-align: center;">For parents with babies - <u>6 months and under</u> at the start of the course. Babies come along too. Parents learn about how babies develop in their first year . Includes techniques for dealing with common problems e.g. crying and sleeping .</p> <p style="text-align: center;">8 weeks / 2 hours per week</p>		
12	Dates for 2012 to be agreed		

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13	Incredible Years Toddlers Programme For parents with toddlers 12 - 36 months. Parents learn about how children learn and develop and practise skills to feel confident as a parent. Includes play and positive discipline. 13 weeks / 2 hours per week (or equivalent)		
14	Start date / Duration	Area / Venue	How to register - priority for families in children's centre area
15	Thursdays, 9.30 - 12.00am. 12 sessions. Starts 19 January 2012. Ends 5 April 2012	The Parent House, 55 Calshot Street, N1 9AS	Contact: David Norman 020 7527 4809 (david.norman@islington.gov.uk)
16	Thursdays, 12.45 - 3.00pm. 13 sessions (no sessions in school holidays) Starts 23 February 2012. Ends 31 May 2012 Introductory session: Thursday, 9 February 2012, 1.00 - 3.00pm. Creche available.	Golden Lane Children's Centre, Golden Lane Campus, Whitecross street, EC1Y 8JA	Contact: Ruth Cookson 020 7786 4800 (ruth.cookson@islington.gov.uk)
17	Thursdays, 10.00 - 12.00am. 13 sessions. Starts 26 April. Introductory sessions: 10.00 - 12.00 on 29 March & 19 April.	Paradise Park Children's Centre, 164 Mackenzie Rd, N7 8SE	Contact: Joy Ayeni, Family Support Worker, 020 7697 7330 (joy@paradiseparkcc.org.uk)
18	Wednesdays, 9.30 - 12.00. 12 sessions. Starts 18 January 2012. Ends 25 April 2012. (no sessions in school holidays) Introductory sessions: Wednesday, 14 December 2011 9.45 - 11.00am and Wednesday 11 January 2012, 9.45 - 11.00 Creche available.	The Factory Children's Centre, 107 Matthias Road, N16 8NP	Contact: Michelle Baker 020 7923 9879 (michelle.baker@thefactory.uk.net)
19	Wednesdays, 9.30 - 12.30. 12 sessions. Starts 11 January 2012. Ends 28 March 2012. Information Day: Wednesday, 21 December 2011	Conewood Children's Centre, 14 Conewood street, N5 1DL	Contact: Karen Clark 020 7527 2005 (karen.clark@islington.gov.uk)
20	Thursdays, 9.45 - 12.00am. 12-13 sessions. Starts 19 or 26 April 2012. Ends 19 July 2012. Introductory session: 10.00 - 11.30, 29 March 2012.	Margaret McMillan Nursery School & Children's Centre, Hornsey Rise, N19 3SF	Contact: Ann Williams, Family Support Worker, 020 7281 2745 (awilliams@margaretmcmillan.islington.sc h.uk)

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21	Incredible Years Pre school Programme For parents with children aged 2 - 6 years. Parents learn how children develop and learn ,includes using play, praise and strategies for dealing with behaviour problems 11 weeks / 2.5 hours per week		
22	Start date / Duration	Area / Venue	How to register
23	January 2012		Contact: David Norman 020 7527 4809 (david.norman@islington.gov.uk)
24	January 2012 Tuesdays 9.30 - 12.00am for 12 weeks. Starts 10 January. Ends 27 March.	North Islington Children's Centre, 110-112 Tollington Park, London N4 3RB	Contact: Lauren Law (lauren.law@islington.gov.uk) 020 7527 4827
25	Thursdays, 9.30 - 12.00. 12 sessions. Starts 13 January 2012. Ends 26 April 2012. Creche available. Introductory session: Thursday, 5 January 2012, 9.30 - 11.00am	New River Green Children's Centre, 23 Ramsay Walk, N1 2SX	Contact: Maryann Onyeaka 020 7527 8098 (maryann.onyeaka@islington.gov.uk)

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26	<p align="center">PAFT (Parents as First Teachers)</p> <p align="center">For parents of children pre birth to age 3 years .Includes home visits with practical support and fun activities for parent and child together to support child development and learning .Group sessions open to all parents take place on different topics in selected children's centres .</p>		
27	Start date / Duration	Area / Venue	How to register - open to families in specified children's centre area referrals via family support team
28	Ongoing	Kate Greenaway Children's Centre	Contact: David Norman 020 7527 4809 (david.norman@islington.gov.uk)
29	Ongoing	Margaret McMillan Nursery School & Children's Centre, Hornsey Rise, N19 3SF	Contact: Lauren Law 020 75274827 (lauren.law@islington.gov.uk)
30	Ongoing	Archway Children's Centre	Contact: Lauren Law 020 75274827 (lauren.law@islington.gov.uk)
31	Ongoing	Paradise Park Children's Centre, 164 Mackenzie rd ,N7 8SE	Contact: Kemi Lawal 020 7697 7330 (kemi@paradiseparkcc.org.uk)

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32	Strengthening Families Strengthening Communities for parents of children aged 3- 18yrs - A culturally sensitive programme aims to increase understanding of child development strengthen parent / child and family relationships and community involvement .Parents gain confidence in parenting skills and learn about the process of positive discipline . 13 weeks X 3 hours per week		
33	Start date / Duration	Area / Venue	Course information / How to register
34	Course 2: 1st February 2012 - 30th May 2012 Wednesdays 12 - 3pm Course 3: Starts w/c 12th March. Ends w/c 9 July TBC	New River Green Children's Centre, 23 Ramsay Walk, N1 2SX TBC	Delivered in TURKISH parents of 3- 18 yrs Creche available Contact: Minik Kardes and speak to Selda Aygun 020 7923 7226
35	Mondays - 9.30 - 12.30 Starts 7 November 2011. Ends 27 February 2012.	Montem Primary School, Hornsey Rd, N7 7QT	Delivered in Somali for Parents of 3- 18 yrs Creche available Contact: Rahma Samater / EMAS (rahma.samater@islington.gov.uk) 020 7527 5852
36	Information & Induction Session December 15th 2011 9.30am – 12.30pm. Course start date: 5 January 2012, Thursdays, 9.30am – 12.30pm for 13 weeks term-time. Includes a crèche and breakfast for participants.	Hungerford School & Children's Centre 249 Hungerford Road London N7 9LF	Please contact Carole on 0207 619 9149 carole.byam@hungerfordsc.org.uk
37	13 weeks. Starts 11 January 2012. Ends 25 April 2012. Wednesdays, 10.00 - 1.30 (First session 11.00 - 2.30)	Hugh Cubitt Centre, 48 Collier Street, Islington, N1 9QZ	For more information or to register, please contact Amy Caine on 020 7021 4450 or Michelle Francis on 020 7021 4069
38	Starts 13 March. Ends 26 June. Tuesdays, 9.30 - 12.30 Light lunch & creche provided.	Andover Community Centre, Corker Walk, N7 7RY	For more information or to register, please contact Family Outreach Support Service on 020 7527 4343

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39	Group Teen Triple P For parents of teenagers aged 12 - 16 years. Aims to promote positive relationships between parents and their teenager .Parents develop effective practical strategies for responding to concerns about teenage behaviour and development 8 Weeks / 2 hours per week (includes 3 sessions of telephone support)		
40	Start date / Duration	Venue / Area	How to register
41	Tuesdays, 10.00 - 12.00. for 8 weeks. Starts 10 January 2012. This course is open to parents of children 8+	Underground Youth Centre, Piper Close, N7 8TQ	Contact : Rajani and Caitlin at Coram Parenting Support Service 020 7561 8461 or rajini@coram-islington.org.uk and caitlin@coram-islington.org.uk
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43	Parenting with Love and Limits For parents of teenagers 12- 16 years . A seven step programme for parents with concerns about teenage behaviour .Includes effective strategies and support to put into practice during and after the course .		
44	Start date / Duration	Venue / Area	How to register
45	Thursday 12th January 6pm - 8pm Friday 13th January 2012 10am - 12pm Courses take place termly on Thursday evenings and Friday day time and run for eight sessions.	The Brandon Centre, 26 Prince of Wales Road, London NW5 3LG	Contact: Stacey Miller 020 7267 4792 Parents can make direct contact or be referred . Email : familyservices@brandoncentre.org.uk

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46	Specialist Programmes - see programme guide for more information		
47	Programme details & Start date / Duration	Venue / Area	How to register
48	MELLOW PARENTING 14 weeks Fridays 10 - 3 Starts 18th November. Ends 2nd March 2012	Bemerton children's centre 1a Coatbridge house, Carnoustie Drive N1 ODX	Referral only within Children's social care for mothers of one to five year olds where child in need or child protection concerns. Contact filiz.osman@islington.gov.uk tel : 020 7527 7787
49	SAFE LANDINGS Group 1: 11 weeks on Wednesdays 10.00am - 1.00pm. Starts 25 January 2012. Ends 4 April 2012. Group 2: Wednesdays, 10.00 am - 1.00pm . Starts 2 May. Ends 18 July.	Willow Children's Centre, 1a Holbrooke Court, N7 OBF Moreland and King Square Children's Centre, Moreland Community House, 31 Moreland Street, EC1V 8 BB	Contact: Jennifer Savage 020 7336 8453 (jennifer.savage@islington.gov.uk)
50	A Parents'/Carers' Guide to Special Educational Needs 10 weeks on Thursdays, 9.30 - 12.30. Starts 19 January 2012. Information session at same venue on 12 January, 10.00 - 11.00am.	North Islington Children's Centre, 110-112 Tollington Park, London N4 3RB	Contact: Ann Hayes, Workers Education Association on 020 7426 1988
51	Parenting a child with ADHD (for parents of children 5 - 12 yrs with confirmed diagnosis) starting Thursday 5 January 2012, am. 8 weeks x 2hrs with break for half term and one week follow up	The Brandon Centre, 26 Prince of Wales Road, London NW5 3LG	Contact 020 7267 4792 Parents can make direct contact or be referred . Email: familyservices@brandoncentre.org.uk
52	NAS Early Bird Programme - 12 week course for parents with a child under 5 diagnosed with autism	Bridge School, Hungerford Road, N7	Contact Vicky Mathews or Shelia Mullen 020 3316 1867/ 1868
53	Family Nurse Partnership - Early Pregnancy until baby is 2 years old .For first time parents who are under 18 and less than 28 weeks pregnant	Client's home	FNP: 020 3316 8673 / 8674
54	Gangs/Gun/Knife Crime Parenting - 9 week course. Starts 31 January 2012. Ends 27 March 2012. Tuesdays, 10:00am - 1:00pm For parents of children aged 10 - 18. Open to Turkish speaking families.	Rose Bowl Centre, St Paul's Open Space, New River Green Estate, N1 2PT	For more information and referrals, contact Selda Aygun on 020 7923 7226 or email minikkardes@tiscali.co.uk

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55	<p style="text-align: center;">Parenting workshops</p> <p>A series of workshops provided by the Refugee Therapy Centre for parents .topics include relationships between parents, raising children as a single parent, how to help your child manage their anger and coping with changes in adolescents.</p>		
56	Start date / Duration	Venue / Area	How to register
57	<p>2011 Workshops Thursday, 1 December 1-3pm</p> <p>2012 Workshops Thursday 2nd February 1-3pm Thursday 1st March 1-3pm Thursday 5th April 1-3pm Thursday 3rd May 1-3pm Thursday 7th June 1-3pm Thursday 7th July 1-3pm</p>	Refugee Therapy Centre: 1A Leeds Place, Tollington Park, London N4 3RF	Spaces are limited on a first come first serve basis. Please contact 020 7561 1587 to reserve a place or to find out more .