

# East Hants Family Help - Courses Winter 2025

## ACES Recovery Toolkit

For parents and carers whose early life led to multiple adverse childhood experiences (ACEs). Provides parents a toolkit to build their resilience and minimise the impact of ACE's on their own children.

**Thursdays 12:30-14:30**

**16<sup>th</sup> January - 27<sup>th</sup> March 2025** (10 weeks, break half term)

Venue: Alton Library, Vicarage Hill, Alton GU34 1HT

Facilitators: [Jenny Howard](#) and [Sally Houlihan](#)

## Nurturing Programme (Family Links Nurture)

Solution focused course for children 0-19. Parenting strategies and tools to equip parents for the challenges of the parenting journey.

**Wednesdays 12:00-13:15**

**22<sup>nd</sup> January - 19<sup>th</sup> March** (8 weeks, break half term)

Venue: Virtual - Teams

Facilitators: [Jess Webb](#) and [Bridget Mullard](#)

**Thursdays 09:30-11:30**

**16<sup>th</sup> January - 13<sup>th</sup> March** (8 weeks, break half term)

Venue: Bushy Leaze, Eastbrooke Road, Alton GU34 2DR

Facilitators: [Felicity Sharvell](#) and [Claire Hellowell](#)

## Talking Teens

Exploring the relationships within the family, communication, negotiating, decision-making and strategies to reduce conflict.

**Wednesdays 12:00-13:15**

**26<sup>th</sup> February -26<sup>th</sup> March** (5 weeks)

Venue: Virtual - Teams

Facilitators: [Georgie Caddy](#) and [Angie Marker](#)

HCC referrals complete the L2 referral and clipboard to Jessica Webb  
External Agencies via the [L2 referral form](#)

## **NVR – Non Violent Resistance**

For parents and carers who are experiencing child to parent violence.

### **Mondays 10:00-11:30**

**12<sup>th</sup> January - 24<sup>th</sup> March** (10 weeks, break half term)

Venue: Virtual - Teams

Facilitators: [Maria Butler](#) and [Beth Betchette](#)

### **Thursdays 10:00-12:00**

**16<sup>th</sup> January - 26<sup>th</sup> March** (10 weeks, break half term)

Venue: Petersfield Library, 27 The Square, Petersfield GU32 3HH

Facilitators: [Andy Kennedy](#) and [Chloe Waterman](#)

## **DICE**

Support for parents of 'at risk' pre-teens, topics include the life of a teenager, coping as a parent, understanding digital dangers and grooming.

### **Wednesdays 09:30-11:30**

**22<sup>nd</sup> January - 12<sup>th</sup> February** (4 weeks)

Venue: Virtual - Teams

Facilitators: [Georgie Caddy](#) and [Angie Marker](#)

## **Tots Talking**

For parents and carers of little ones (0-2) to improve language skills.

Venue: Virtual - Teams

Referrals via central team [TotsTalking.requests@hants.gov.uk](mailto:TotsTalking.requests@hants.gov.uk)

## **HENRY**

For parents and carers of little ones (0-5) to promote healthy family lifestyles.

Venue: Virtual - Teams

Referrals via central team [henry.queries@hants.gov.uk](mailto:henry.queries@hants.gov.uk)

## **SGO Support Group**

Support, meet and share, for Special Guardianship Carers in East Hampshire.

**1<sup>st</sup> Thursday of the month 10:00-11:00**

Venue: Liphook Infant School Community Room, Liphook GU30 7QE

Contact: [Virginia Howard](#), [Georgie Caddy](#)