


Supportive, practical online courses designed to help parents and carers strengthen family relationships, improve emotional wellbeing, and feel more confident navigating everyday challenges that we have on offer at the Barnardos Family Centre.

 DICE – Digital Dangers (Face to Face at the Family Centre)

4-week course

Explore the digital world your children are growing up in and learn how to keep them safer online.

Dates: 10 June – 1 July

Time: 9:30 – 11:30am

Suitable for: Parents/carers of children aged 9+ years

 Parenting Puzzle (Online)

10-week course

A highly supportive programme that improves the emotional health of both adults and children, strengthens family relationships, and helps parents feel more confident and connected.

Option 1 – Evenings

- Thursdays: 30 April – 9 July
- Time: 7:00 – 8:45pm
- *Break for May half term*

Option 2 – Daytime

- Tuesdays: 28 April – 7 July
- Time: 9:30 – 11:15am
- *Break for May half term*

 Talking Teens (Online)

4-week course

Ideal for parents of teenagers, this course focuses on communication, relationships, negotiation, decision-making, and strategies to reduce conflict at home.

Option 1

- Wednesdays: 29 April – 20 May
- Time: 6:30 – 8:00pm

Option 2

- Tuesdays: 9 June – 30 June
- Time: 6:30 – 8:00pm

 Keeping Your Child in Mind (Online)

4-week course


This course explores family relationships and the impact of parental relationships on children, particularly during times of conflict or tension.

Option 1

- Tuesdays: 28 April – 19 May
- Time: 7:00 – 8:45pm

Option 2

- Thursdays: 11 June – 2 July
- Time: 9:30 – 11:15am

 To book a place or find out more: please email surreyheathfamilycentre@barnardos.org.uk