

# Bringing up confident children

**Free workshop for parents and carers of teens**

Children need to feel good about themselves and have the confidence to try new skills even though they might not work out. This workshop supports parents with strategies on how best to provide their children with opportunities for independence and decision making, whilst validating their child and improving their own self esteem at the same time.

## Date and times

**Tuesday 2<sup>nd</sup> June 2026**

**12.30pm to 1.30pm**

The workshops  
will be online via  
**MS TEAMS**



**If you would like more information or would like to book your space, please contact Maria or Lesley:**

 [maria.chandler@coramfamilylives.org.uk](mailto:maria.chandler@coramfamilylives.org.uk)


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City of  
Doncaster  
Council





# Less Shouting, More Cooperation

## Six-week online workshop

Do you feel you are constantly nagging or shouting at your young child or teenager to get what you need? Are you tired of losing your cool and want a calmer house? Join our free online 6-week group to learn how you can change the way you communicate with your child or teenager, respond better, and feel more in control and better in yourself.

### The programme includes:

- Exploring positive boundaries
- Recognising the triggers and responding more effectively
- Learning new parenting tools to challenge children's behaviour
- How to negotiate and implement effective boundaries and family agreements.
- How to hold boundaries and gain co-operation

### Dates and times

**Dates:** Friday 15<sup>th</sup> May 2026

**Time:** 12.30pm - 2.30pm

**This will be delivered online via  
MS TEAMS**


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✉ [maria.chandler@coramfamilylives.org.uk](mailto:maria.chandler@coramfamilylives.org.uk) ☎ **07866987513**

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## Co-parenting with Care Programme

For parents with children with SEN

This 6-week online programme offers a structured approach to help you navigate your unique challenges, improve your relationship, and create a more supportive environment for your SEN children .

### The programme covers:

- Understanding SEN and its impact on children and family dynamics
- Effective communication skills
- Managing emotions and stress
- Collaborative problem solving
- Building a supportive network
- Creating a unified parenting approach

### Dates and times

**Dates:** Thursday 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>  
June and 2<sup>nd</sup> , 9<sup>th</sup>, 16<sup>th</sup> July 2026

**Time:** 12.30pm - 2.30pm

**This will be delivered online via  
MS TEAMS**

**If you would like more information or would like to book your space, please contact Maria or Lesley:**

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# Navigating the storm

## Free workshop for parents and carers of teens

Managing teen behaviour can be challenging for parents and carers, and it's completely normal to experience ups and downs during this stage.

Our workshop is designed to provide practical strategies to help parents and carers recognise and respond to their teen's behaviour in supportive and effective ways. The aim is to equip parents with tools to guide their teen through emotional regulation and navigate moments of distress with greater confidence.

### Date and times

**Tuesday 19th May, 9.30am to 11.30am**

**Tuesday 2nd June, 7.00pm to 9.00pm**

The workshops  
will be online via  
**MS TEAMS**



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