



Autumn Term 2025

| Programme | Day/Date | Time |
|--|---|------------------|
| Cynet | Fridays for 6 weeks 12/9/25 to 17/10/25 | 9.30am – 12.30pm |
| Supporting your child's emotional needs – Primary | Mondays for 3 weeks 6/10/25 to 20/10/25 | 12pm – 1.30pm |
| Practical Strategies for everyday family life | Wednesdays for 6 Weeks 5/11/25 to 10/12/25 | 9.30am – 11.30am |

Spring Term 2026

| Programme | Day/Date | Time |
|--|---|------------------|
| Supporting your teenager's emotional wellbeing | Tuesdays for 3 weeks 20/1/26 to 3/2/26 | 4pm – 5.30pm |
| Supporting your child's emotional needs – Primary | Thursdays for 3 weeks 29/1/26 to 12/2/26 | 9.30am – 11am |
| Cynet | Tuesdays for 6 weeks 24/2/26 to 31/3/26 | 9.30am – 12.30am |

Summer Term 2026

| Programme | Day/Date | Time |
|--|---|------------------|
| Practical Strategies for everyday family life | Thursdays for 6 weeks 30/4/26 to 11/6/26 | 9.30am – 11.30am |
| Supporting your child's emotional needs – Primary | Wednesdays for 3 weeks 6/5/26 to 20/5/26 | 4pm – 5.30pm |
| Connecting with your young person | Fridays for 3 weeks 19/6/26 to 3/7/26 | 9.30am – 11am |

Bookings :-Search on Eventbrite for all our bookings – **Parent Power – HCS & NWLCS**
<https://www.eventbrite.co.uk/o/parent-power-hcs-nwlcs-107034234421>

For more information about the programmes please see our Parent Power leaflet from your school or contact our service directly:- info@horsforthchildrensservices.co.uk or info@esnorthwest.co.uk or call the office on 0113 3367724

