

# Rotherham Family Hubs Evidence Based Programmes Sept 23 – March 2024



Programme	Day/Start Date/Time	Venue
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## 0-12 Triple P

Parenting programme for parents of children 0-12. The programme promotes positive parenting strategies, coping and self-care skills.

Duration: 8 weeks

Tuesday 31st October  
Time: 12.30 – 2.30pm

The Place  
Coleridge Road.  
Rotherham S65 1LW

with emotional and risky behaviours, coping and self-care skills.

Duration: 8 weeks

	<p>Thursday 7<sup>th</sup> September 2023 Time: 09:30-11.30am</p> <p>Tuesday 20<sup>th</sup> February 2024 Time: 9:30 – 11:30am</p>	<p>The Place Coleridge Road. Rotherham S65 1LW</p> <p>Central Children's Centre Ferham Road, Rotherham S61 1AP</p>
<p><b>SteppingStones</b></p> <p>This programme is for parents of children 0-12 who have a child with disability. The programme builds parenting skills for promoting children's development, social competence and self-control and is delivered in a group setting.</p> <p>Duration 5 weeks</p>	<p>Tuesday 19<sup>th</sup> September 10:00 – 12:00pm</p> <p>Tuesday 16<sup>th</sup> January 10.00 – 12.00pm</p>	<p>MS Teams</p> <p>MS Teams</p>

## Family Links

This programme is for the parents of young children up to the age of 10 and looks at topics, including:

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<p><b>Caring Dads</b></p> <p>Developed in a university partnership, Caring Dads is a group intervention program for men who have abused, neglected, or exposed their children to domestic violence.</p> <p>Duration 17 weeks</p>	<p>Tuesday 16<sup>th</sup> of January 2024 1.00 – 3.00pm</p>	<p>Central Children's Centre Ferham Road, Rotherham S61 1AP</p>
<p><b>SleepTight</b></p> <p>This course helps parents understand the impact of poor sleep on behaviour. The programme supports families to implement creative and evidence-based methods of improving sleep patterns in young children.</p> <p>Duration: 5 weeks</p>	<p>Tuesday 26<sup>th</sup> September 2023 9.30 - 11.30am</p>	<p>Dalton Youth Centre Magna Lane, Dalton S65 4HH</p>
<p><b>FearLess</b></p> <p>Fear-Less Triple P is for parents (of children aged 6 to 14) who'd like to learn how to teach their children to manage anxiety effectively.</p> <p>Duration: 6 weeks</p>	<p>Thursday 2<sup>nd</sup> November Time: 12:00 – 2:00pm</p> <p>Thursday 22<sup>nd</sup> February Time: 12:00 – 2:00pm</p>	<p>Central Children's Centre, Ferham Road, Rotherham S61 1AP</p> <p>Central Children's Centre, Ferham Road, Rotherham S61 1AP</p>





