

# Parenting Workshops - Summer Term 2025

To book your place, please email [parentingserviceadmin@ealing.gov.uk](mailto:parentingserviceadmin@ealing.gov.uk) with your full name, email, mobile number and name/s of workshop/s you would like to attend

## Date

## Workshop Details

### Understanding Domestic Abuse & Toxic Relationships

Tuesday 29th April  
10am–12pm

This session will cover:  
Identifying what domestic abuse may look like  
How to recognise risk factors / red flags  
How to create a safety plan and the importance of support networks  
How to rebuild confidence and self-esteem  
Where you can find support

**Women's only workshop**

### Mental Health for Dads

Tuesday 6th May  
10am–12pm

Fatherhood comes with unique mental health challenges, often compounded by societal taboos and assumptions. This workshop empowers dads to prioritise their mental health, break down stigmas, and build a supportive approach to well-being. Explore practical strategies to manage stress, boost resilience, and foster emotional strength—because a healthy dad makes for a thriving family.

**Men's only workshop**

### Employment, Benefits & Training

Tuesday 20th May  
10am–12pm

This session will cover:  
Discover what support is available for you  
How to access local training and courses  
Advice on returning to work and how to retrain for a different career  
What benefits are you entitled to when working and where to find advice on benefits  
A chance to have your questions answered

**This session is aimed at parents/carers of children and young people of all ages**

### Overcoming Guilt & Fear in Fatherhood

Tuesday 3rd June  
10am–12pm

Fatherhood often brings feelings of guilt and fear—am I doing enough? Am I doing it right? This workshop helps dads unpack these common emotions and provides tools to overcome them. Learn how to embrace your imperfections, build confidence, and focus on what truly matters: being present and intentional with your family.

**Men's only workshop**

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### Understanding Your Teenager

Tuesday 10th June  
10:30am-12:30pm

The session will cover:  
Child and adolescent emotional development  
Understanding your child better  
Empathising with your child  
Adolescent emotional and mental health.

**The session is aimed at parents/carers of young people aged 12-18**

### Introduction to S&LT

Tuesday 17th June  
10am-12pm

This session will cover:  
Tips on supporting your child's speech development and how to improve communication  
What you can do if you have concerns for your child  
The role of speech and language therapy  
Advice to support children learning additional languages

**This session is aimed at parents/carers of pre-school and primary aged children**

### Different Strokes for Fathers

Tuesday 1st July  
10am-12pm

Every dad approaches fatherhood differently, balancing priorities, responsibilities, and personal values in their own way. This workshop celebrates the diverse ways men handle fatherhood and provides tools to help you navigate your unique path. Gain insights, share experiences, and build a fatherhood approach that aligns with who you are.

**Men's only workshop**