

**PARENTING AND RELATIONSHIP HUB, EARLY HELP**

Referrals: [earlyhelp@croydon.gov.uk](mailto:earlyhelp@croydon.gov.uk)

General enquiries: For general enquiries regarding the parenting offer **only**, please email  
[PRH@croydon.gov.uk](mailto:PRH@croydon.gov.uk)

**January 2018 – March 2018**

## TRIPLE P PARENTING PROGRAMME DELIVERY SCHEDULE

A strength-based, 8 week parenting programme to provide parents with a number of practical strategies and enhance their confidence in managing their children's behaviour.

### WINTER/ SPRING TERM 2018:

SELHURST CHILDREN'S CENTRE				
Every Wednesday at 12:45 – 2:45				
<i>Week(s)</i>	<i>Date(s)</i>	<i>Day</i>	<i>Time</i>	<i>Attendance at CC</i>
<b>Week 1: Meet &amp; Greet</b>	Wednesday 17th January	Wednesday	9:00 – 17:00	Yes
<b>Week 2: F2F Session</b>	24 <sup>th</sup> January	Wednesday	12:45 – 2:45	Yes
<b>Week 3: F2F Session</b>	31 <sup>st</sup> January	Wednesday	12:45 -2:45	Yes
<b>Week 4: F2F Session</b>	7 <sup>th</sup> February	Wednesday	12:45 – 2:45	Yes
<b>Week 5: F2F Session</b>	14 <sup>th</sup> February	Wednesday	12:45 – 2:45	Yes
<b>Week 6: Phone Session</b>	21 <sup>st</sup> February	Wednesday	N/A	No
<b>Week 7: Phone Session</b>	28 <sup>th</sup> February	Wednesday	N/A	No
<b>Week 8: Phone Session</b>	7 <sup>th</sup> March	Wednesday	N/A	No
<b>Week 9: Last F2F Session</b>	14th March	Wednesday	12:45 - 245	Yes

PURLEY OAKS CHILDREN'S CENTRE				
Every Friday at 12:30 – 2:30				
<i>Week(s)</i>	<i>Date(s)</i>	<i>Day</i>	<i>Time</i>	<i>Attendance at CC</i>
<b>Week 1: Meet &amp; Greet</b>	Friday 23rd February	Friday	9:00 – 17:00	Yes
<b>Week 2: F2F Session</b>	2 <sup>ND</sup> March	Friday	12:30 – 2:30	Yes
<b>Week 3: F2F Session</b>	9 <sup>th</sup> March	Friday	12:30 – 2:30	Yes
<b>Week 4: F2F Session</b>	16 <sup>th</sup> March	Friday	12:30 – 2:30	Yes
<b>Week 5: F2F Session</b>	23 <sup>rd</sup> March	Friday	12:30 – 2:30	Yes
<b>Week 6: Phone Session</b>	30 <sup>th</sup> March	Friday	N/A	No
<b>Week 7: Phone Session</b>	6 <sup>th</sup> April	Friday	N/A	No
<b>Week 8: Phone Session</b>	13 <sup>th</sup> April	Friday	N/A	No
<b>Week 9: Last F2F Session</b>	20 <sup>th</sup> April	Friday	12:30 – 2:30	Yes

ECCLESBOURNE CHILDREN'S CENTRE				
Every Monday at 12:30 – 2:30				
<i>Week(s)</i>	<i>Date(s)</i>	<i>Day</i>	<i>Time</i>	<i>Attendance at CC</i>
<b>Week 1: Meet &amp; Greet</b>	Monday 5 <sup>th</sup> March	Monday	9:00 -17:00	Yes
<b>Week 2: F2F Session</b>	12 <sup>th</sup> March	Monday	12:30 – 2:30	Yes
<b>Week 3: F2F Session</b>	19 <sup>th</sup> March	Monday	12:30 – 2:30	Yes
<b>Week 4: F2F Session</b>	26 <sup>th</sup> March	Monday	12:30 – 2:30	Yes
<b>Week 5: F2F Session</b>	3 <sup>rd</sup> April	Tuesday	12:30 – 2:30	Yes
<b>Week 6: Phone Session</b>	9 <sup>th</sup> April	Monday	N/A	No
<b>Week 7: Phone Session</b>	16 <sup>th</sup> April	Monday	N/A	No
<b>Week 8: Phone Session</b>	23 <sup>rd</sup> April	Monday	N/A	No
<b>Week 9: Last F2F Session</b>	30 <sup>th</sup> April	Monday	12:30 – 2:30	Yes

## TEEN TRIPLE P PARENTING PROGRAMME DELIVERY SCHEDULE

A strength-based, 8 week parenting programme to provide parents with a number of practical strategies and enhance their confidence in managing their teens' behaviour.

### WINTER/ SPRING 2018:

GOLDCREST YOUTH CENTRE				
Every Wednesday at 10:00 – 12:00				
<i>Week(s)</i>	<i>Date(s)</i>	<i>Day</i>	<i>Time</i>	<i>Attendance Required</i>
<b>Week 1: Meet &amp; Greet</b>	Wednesday 31 <sup>st</sup> January	Wednesday	9:00 -17:00	Yes
<b>Week 2: F2F Session</b>	7 <sup>th</sup> February	Wednesday	10:00 – 12:00	Yes
<b>Week 3: F2F Session</b>	14 <sup>th</sup> February	Wednesday	10:00 – 12:00	Yes
<b>Week 4: F2F Session</b>	21 <sup>st</sup> February	Wednesday	10:00 – 12:00	Yes
<b>Week 5: F2F Session</b>	28 <sup>th</sup> February	Wednesday	10:00 – 12:00	Yes
<b>Week 6: Phone Session</b>	7 <sup>th</sup> March	Wednesday	N/A	No
<b>Week 7: Phone Session</b>	14 <sup>th</sup> March	Wednesday	N/A	No
<b>Week 8: Phone Session</b>	21 <sup>st</sup> March	Wednesday	N/A	No
<b>Week 9: Last F2F Session</b>	28 <sup>th</sup> March	Wednesday	10:00 – 12:00	Yes

COTELANDS PRU, SAFFRON VALLEY COLLEGIATE				
Every Thursday 10:0 – 12:00				
<i>Week(s)</i>	<i>Date(s)</i>	<i>Day</i>	<i>Time</i>	<i>Attendance Required</i>
<b>Week 1: Meet &amp; Greet</b>	Thursday 1 <sup>st</sup> March	Thursday	9:00 – 17:00	Yes
<b>Week 2: F2F Session</b>	8 <sup>th</sup> March	Thursday	10:00 – 12:00	Yes
<b>Week 3: F2F Session</b>	15 <sup>th</sup> March	Thursday	10:00 – 12:00	Yes
<b>Week 4: F2F Session</b>	22 <sup>nd</sup> March	Thursday	10:00 – 12:00	Yes
<b>Week 5: F2F Session</b>	29 <sup>th</sup> March	Thursday	10:00 – 12:00	Yes
<b>Week 6: Phone Session</b>	5 <sup>th</sup> April	Thursday	N/A	No
<b>Week 7: Phone Session</b>	12 <sup>th</sup> April	Thursday	N/A	No
<b>Week 8: Phone Session</b>	19 <sup>th</sup> April	Thursday	N/A	No
<b>Week 9: Last F2F Session</b>	26 <sup>th</sup> April	Thursday	10:00 -12:00	Yes

## MELLOW BUMPS PARENTING PROGRAMME DELIVERY SCHEDULE

A 7 week group intervention to promote early attachment aiding child development and reducing mother's anxieties around the birth.

### WINTER/ SPRING 2018:

<b>PEPPERMINT CHILDREN'S CENTRE</b>				
<b>Every Tuesday 12:30 – 2:30</b>				
<i>Week(s)</i>	<i>Date(s)</i>	<i>Day</i>	<i>Time</i>	<i>Attendance at CC</i>
<b>Week 1: Meet &amp; Greet</b>	Tuesday 30 <sup>th</sup> January	Tuesday		Yes
<b>Week 2: F2F Session</b>	6 <sup>th</sup> February	Tuesday	12:30 – 2:30	Yes
<b>Week 3: F2F Session</b>	13 <sup>th</sup> February	Tuesday	12:30 – 2:30	Yes
<b>Week 4: F2F Session</b>	20 <sup>th</sup> February	Tuesday	12:30 -2:30	Yes
<b>Week 5: F2F Session</b>	27 <sup>th</sup> February	Tuesday	12:30 -2:30	Yes
<b>Week 6: F2F Session</b>	6 <sup>th</sup> March	Tuesday	12:30 – 2:30	Yes
<b>Week 7: F2F Session</b>	13 <sup>th</sup> March	Tuesday	12:30 -2:30	Yes

## MELLOW PARENTS PARENTING PROGRAMME DELIVERY SCHEDULE

A 14 week group intervention aimed at strengthening the emotional bond between parent and child as well as working towards a healthier parent-child attachment.

### WINTER/ SPRING 2018:

WOODLANDS CHILDREN'S CENTRE				
Every Thursday 9:30 – 2:30				
<i>Week(s)</i>	<i>Date(s)</i>	<i>Day</i>	<i>Time</i>	<i>Attendance at CC</i>
<b>Mellow Parenting Pre-Course Interview</b>				
<b>Mellow Parenting Video Recording (Parent Child interaction)</b>				
<b>Week 1: F2F Session</b>	Thursday 22 <sup>nd</sup> February	Thursday	9:30 – 2:30	Yes
<b>Week 2: F2F Session</b>	1 <sup>st</sup> March	Thursday	9:30 – 2:30	Yes
<b>Week 3: F2F Session</b>	8 <sup>th</sup> March	Thursday	9:30 – 2:30	Yes
<b>Week 4: F2F Session</b>	15 <sup>th</sup> March	Thursday	9:30 – 2:30	Yes
<b>Week 5: F2F Session</b>	22 <sup>nd</sup> March	Thursday	9:30 – 2:30	Yes
<b>Week 6: F2F Session</b>	29 <sup>th</sup> March	Thursday	9:30 – 2:30	Yes
<b>Week 7: F2F Session</b>	5 <sup>th</sup> April	Thursday	9:30 – 2:30	Yes
<b>BREAK</b>				
<b>Week 8: F2F Session</b>	19 <sup>th</sup> April	Thursday	9:30 – 2:30	Yes
<b>Week 9: F2F Session</b>	26 <sup>th</sup> April	Thursday	9:30 – 2:30	Yes
<b>Week 10: F2F Session</b>	3 <sup>rd</sup> May	Thursday	9:30 – 2:30	Yes
<b>Week 11: F2F Session</b>	10 <sup>th</sup> May	Thursday	9:30 – 2:30	Yes
<b>Week 12: F2F Session</b>	17 <sup>th</sup> May	Thursday	9:30 – 2:30	Yes
<b>Week 13: F2F Session</b>	24 <sup>th</sup> May	Thursday	9:30 – 2:30	Yes
<b>BREAK</b>				
<b>Week 14: F2F Session</b>	31 <sup>st</sup> May	Thursday	9:30 – 2:30	Yes