

BRILLIANT PARENTS – December 2024

Parent Support Programmes for the London Borough of Brent, Harrow & Hammersmith and Fulham

S/N	PROGRAMME TITLE	WHO IS IT FOR	DELIVERY DATE	BOROUGH/TIME	LOCATION
1.	Managing Fighting & Aggression	Parents/Carers with 0–11-year-olds	Monday 2 nd December 2024	Brent/H&F/Harrow 6-8pm	Zoom
2.	Coping with Teenagers' Emotions	Parents/Carers with Teens (11+- 16-year-olds)	Tuesday 3 rd December 2024	Brent/H&F/Harrow 6-8pm	Zoom
3.	Dealing with Disobedience	Parents/Carers with 0–11-year-olds	Friday 6 th December 2024	Brent/H&F/Harrow 10-12noon	Zoom
4.	Developing Good Bedtime Routines	Parents/Carers with 0–11-year-olds	Monday 9 th December 2024	Brent/H&F/Harrow 10-12noon	Zoom
5.	Getting Teenagers to Cooperate	Parents/Carers with Teens (11+- 16-year-olds)	Tuesday 10 th December 2024	Brent/H&F/Harrow 6-8pm	Zoom
6.	Reducing Family Conflict	Parents/Carers with Teens (11+- 16-year-olds)	Friday 13 th December 2024	Brent/H&F/Harrow 10-12noon	Zoom
7.	Stress Free Shopping with Children	Parents/Carers with 0–11-year-olds	Monday 16 th December 2024	Brent/H&F/Harrow 10-12noon	Zoom
8.	Building Teenagers' Survival Skills	Parents/Carers with Teens (11+- 16-year-olds)	Tuesday 17 th December 2024	Brent/H&F/Harrow 6-8pm	Zoom

To register for **any or all** the Discussion Groups, kindly complete and submit the registration form at this link:

<https://www.brilliantparents.org/brilliant-parents-self-referral/>