



Workshops

Navigating Adolescence and the Teenage Years		
Thursday 5 March	Virtual	Daytime
Saturday 4 July	In person Havant	Daytime
Tuesday 1 and Wednesday 2 December	Virtual two-part workshop	Evening

NEW for 2026 - Play and Connect – Meet the Team		
Saturday 25 April	In person Waterlooville	Daytime
Saturday 25 July	In person Isle of Wight	Daytime
Saturday 3 October	In person Hampshire	Daytime

Exploring Identity Through Life Story Work		
Friday 23 January	In person Andover	Daytime
Monday 11 and Monday 18 May	Virtual two-part workshop	Evening
Thursday 9 July	Virtual	Daytime

Sensory Approaches to Everyday Parenting		
Wednesday 18 February	In person Aldershot	Daytime
Thursday 11 and 18 June	Virtual two-part workshop	Evening
Friday 16 October	In person Winchester	Daytime

Responding to Dysregulation		
Tuesday 17 and Thursday 19 March	Virtual two-part workshop	Evening
Friday 5 June	In person Totton	Daytime
Tuesday 22 and Wednesday 23 September	Virtual two-part workshop	Evening
Monday 16 November	Virtual	Daytime



“Really excellent training, safe space, well lead, time to talk about our own issues and feel supported.”



Webinars

The Journey to Keeping in Touch All sessions are held virtually from 7pm to 8.30pm	
Thursday 8 January	Thursday 26 February
Wednesday 11 March	Thursday 23 April
Wednesday 6 May	Thursday 25 June
Thursday 9 July	Wednesday 16 September
Wednesday 21 October	Thursday 12 November
Thursday 3 December	

Online Guest Speaker Events All sessions are held virtually from 7pm to 8.30pm	
Transition to Year 7 with Virtual Schools	Monday 23 March
Transition to Year R with Virtual Schools	Tuesday 19 May
Raising Awareness of Child Exploitation with the Willow Team	Tuesday 23 June
Accessing Educational Support with Virtual Schools	Thursday 15 October

Multi-Disciplinary Team Webinars All sessions are held virtually from 7pm to 8.30pm	
Blocked Care	Tuesday 31 March
Attention Deficit Hyperactivity Disorder	Thursday 30 April
Foetal Alcohol Spectrum Disorder	Tuesday 20 October

Keeping in Touch Tech Talk All sessions are held virtually from 7pm to 8pm	
Wednesday 11 February	
Wednesday 17 June	
Wednesday 9 September	
Thursday 26 November	



“Useful guidance on how to address potentially difficult questions.”




Social Events

Virtual Parent Meet Up	
Thursday 15 January	Thursday 5 February
Thursday 5 March	Thursday 16 April
Thursday 7 May	Thursday 4 June
Thursday 2 July	Thursday 6 August
Thursday 3 September	Thursday 1 October
Thursday 5 November	Thursday 10 December

Fun at the Farm		
Saturday 16 May	Southampton	9am to 11am
Saturday 17 October	Southampton	9am to 11am

Family Fun Events		
Saturday 28 February	Chandler's Ford	10am to 12pm
Saturday 27 June	Winchester	2pm to 4pm

Youth Activities
<p>We are pleased to offer a range of activities with our youth provider for young people aged 7 to 17 years. More details of these activities are provided in our monthly emails.</p> 

Parenting Courses

Empowering Parents		
January to April	In person and virtual Swanwick	Evening
April to July	In person and virtual Basingstoke	Daytime
September to December	In person and virtual Swanwick	Daytime

Non-Violent Resistance (NVR)		
April to June	In person and virtual Swanwick	Daytime
September to November	In person and virtual Basingstoke	Daytime

"They fostered a lovely rapport within the group, so that we felt safe to share and ask questions."