

Calendar of Online Courses and Workshops 2025-2026

October 2025

13th Oct 7.00-9.00pm
Anger Management for
parents of Teens

20th Oct 7.00-9.00pm
Sibling Rivalry All ages

November 2025

3rd Nov 7.00-9.00pm
How to talk to Teens Can
Listen

10th Nov 7.00-9.00pm
5 week course
Into to CBT (Cognitive
Behavioural Therapy)

December
2025

Intro to CBT
continued

January 2026

19th Jan 7.00-9.00pm
Positive Discipline for parents
of children 3-11yrs

26th Jan 7.00-9.00pm
Setting limits defining
boundaries for parents of
children aged 3-11yrs

February 2026

2nd Feb 7.00-9.00pm
Keeping Teens safe
on Social media

9th Feb 7.00-9.00pm
Supporting Teen
stress

March
2026

23rd March 7.00-9.00pm
Positive discipline for
parents of Teens

April 2026

22nd April 7.00-9.00pm
CBT (Cognitive
Behavioural Therapy)
Next Steps

May
2026

CBT Next steps
continued

June 2026

3rd June 7.00-9.00pm
Navigating Blended Families

8th June 7.00-9.00pm
Anger Management for
parents of children aged
3-11yrs

22nd June 7.00-9.00pm
Increasing desirable
behaviours in Teens

To enrol please visit

www.learnharrow.ac.uk

Courses/ Parenting and Family Learning



0208 863 7319 or
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www.hopeharrow.org.uk

HOPE

Helping Families to Live and Learn Together

Charity Registration Number: 1091703