



Support for Parents and Carers

in East Sussex
October to December
2025



01424 725800

EH.0-19parentingteam@eastsussex.gov.uk



The Parenting Team

East Sussex Family Hubs

**If you're a parent or carer in East Sussex,
we are here to help!**

**The Parenting Team supports families with
children from birth to 19 years old.**

**Our service is completely free, and we offer friendly
help with no judgement, such as:**

- **Talking to us on the phone for advice**
- **Joining online groups or webinars with other parents and carers**
- **Attending face-to-face sessions to get support in person**
- **Making you feel heard, and more confident in raising children**

***Being a parent is a journey,
Let's make it a positive one!***

Meet the Team	4
What's On - Webinars	5
What's On - Groups	14
Coming soon	20
Drop Ins	25
Summary Quick Guide	27

Meet The Team



Gemma



Ann-Marie



Sarah



Carly



Sophie



Helen

Webinars

October-December

2025

**If you want to join a webinar but can't come on the next dates, please let us know.
We can add your name to our waiting list.**

EH.0-19parentingteam@eastsussex.gov.uk

Becoming a Positive Parent

**Want to make small changes that have
a big difference?**

This online session is here to help parents and
carers of children aged 2 to 10.

In this session you'll learn 5 simple strategies
for calmer family life.

keeping your child safe, helping them learn new
things, using calm and clear rules, having fair
expectations, and taking care of yourself too.



Monday 6th October

10-12pm

Wednesday 12th November

6:30pm-8:30pm

Thursday 4th December

12:30-2:30pm

To book or ask a question, email -
EH.0-19parentingteam@eastsussex.gov.uk

Triggers, Tantrums and Teaching Moments

Want to stay calm when your child isn't?

This online session is here to help parents and carers of children aged 2 to 10.

Learn what drives behaviour and better ways to respond.

Learn ways to talk with your child so they listen, how to set clear boundaries, how to stop problems from getting worse, and how to solve things together.



Thursday 9th October

10-12pm

Tuesday 4th November

10-12pm

Wednesday 3rd December

12:30-2:30pm

To book or ask a question, email -
EH.0-19parentingteam@eastsussex.gov.uk

Managing Anxiety and Avoidance in Children

Want to understand the signs of anxiety and what to look out for?

This online session is here to help parents and carers of children aged 2 to 10.

This session explores what anxiety is, how the body reacts to it and how to help your child think in a more realistic way. In this session learn tools to build calm, confidence and resilience in your child.



Tuesday 14th October 12:30-2:30pm

Thursday 6th November 10-12pm

Tuesday 9th December 10-12pm

To book or ask a question, email -
EH.0-19parentingteam@eastsussex.gov.uk

Learning About Neurodivergent Children

Want to know what neurodivergence actually means and how it impacts behaviour?

This online session is here to help parents and carers of children aged 2 to 19.

Learn practical strategies that can make a difference to your child's needs.

We'll explore what neurodivergence is, the different types, how tantrums differ from meltdowns, and ways to help your child when they feel overwhelmed.



Wednesday 8th October

12:30-2:30pm

Tuesday 11th November

10-12pm

Wednesday 10th December

12:30-2:30pm

To book or ask a question, email -
EH.0-19parentingteam@eastsussex.gov.uk

Understanding Teen Behaviour

Want to keep your cool in the chaos?

This online session is here to help parents and carers of teenagers aged 10 to 19.

Gain the tools to help you stay calm,
consistent and connected

In this session we look at how our teenagers brains change and develop and how that has a huge impact on their behaviour.



Wednesday 5th November

6:30-8:30pm

To book or ask a question, email -
EH.0-19parentingteam@eastsussex.gov.uk

Responding to Teen Emotions

Want to understand what drives teen emotions, choices and challenges?

This online session is here to help parents and carers of teenagers aged 10 to 19.

Learn how the teen brain impacts mood swings, meltdowns and your role in calming the storm. In this session we look at different ways to connect with your teens, and how using kindness, praise, and rewards can help.



Tuesday 21st October

10-12pm

Thursday 11th December

12:30-2:30pm

To book or ask a question, email -
EH.0-19parentingteam@eastsussex.gov.uk

Online Safety in a Digital World

Want to keep your child safe online?

This online session is here to help parents and carers of children and teenagers aged 2 to 19.

Learn how to discuss online safety with your child or teen and how to keep their devices and activity safe.

A pre-recorded version is now available to watch anytime, scan the QR code below..



To book or ask a question, email -
EH.0-19parentingteam@eastsussex.gov.uk

Everyday Ways to Play

Want to bring more fun and connection into your child's day?

This online session is here to help parents and carers of children aged 2 to 10.

Learn why play is important and quick easy ways to make every day more playful.

A pre-recorded version will be available shortly on our YouTube playlist. Scan the QR code below to view.



To book or ask a question, email -
EH.0-19parentingteam@eastsussex.gov.uk

Groups

October-December

2025

If you want to join a group but can't come on the next dates, or the group you want isn't listed in this guide, please let us know. We can add your name to our waiting list for the next time the group is on.

EH.0-19parentingteam@eastsussex.gov.uk

Teen Life 10+

(National Autistic Society)

Virtual group via MS Teams

**Want to navigate adolescence with
your autistic teen?**

This online group is here to help parents and carers
of young autistic people aged 10-16.

Learn to make sense of your autistic teens behaviour
and needs, with practical tools and ideas to help.



**Tuesday 4th November -
16th December
(8 Sessions)**

12:30-2:30pm

To book or ask a question, email -
EH.0-19parentingteam@eastsussex.gov.uk

Supporting Parents of Teenagers 10+

Face to Face Group

**Want to navigate explosive emotions and go from
conflict to calm?**

This group is here to help parents and carers of
teenagers aged 10 to 19.

Learn strategies for tricky teen moments—the closest
thing to a manual for raising teens. Understand the
teenage brain, why emotions run high, and gain
practical tools.



Sidley Family Hub

Wednesday 5th
November - 17th
December
(7 Sessions)

10-12pm

To book or ask a question, email -
EH.0-19parentingteam@eastsussex.gov.uk

Parenting Children With Anxiety 4 +

Virtual group via MS Teams

**Want to support your child through
their worry and fear?**

This group is here to help parents and carers of
children aged 4+ who feel very anxious.

Learn strategies to support your child's emotional
resilience. A more in depth look at anxiety and how it
affects young people. Helping them to feel stronger
and braver, tackling fears and worries together.



Wednesday 5th
November - 17th
December
(7 Sessions)

10-12pm

To book or ask a question, email -
EH.0-19parentingteam@eastsussex.gov.uk

Harmony at Home

Virtual group via MS Teams

**Want to improve your communication as a couple
and have a calmer household?**

This group is to support Parents
and carers in couples.

In this group learn how to improve teamwork, reduce
conflict and put your children at the heart
of your communication.



Thursday 6th November -
27th November
(4 Sessions)

10-12pm

To book or ask a question, email -
EH.0-19parentingteam@eastsussex.gov.uk

Calmer Co-Parenting

Want calmer communication and less stress as a co-parent?

This is for Parents and carers who are separated or divorced

Your former partner and other family members can complete the programme too.

This is an online program you can do at your own speed with a parenting practitioner to support as you work through the content.

Learn how to create structure, boundaries and respect across two homes. Because children thrive when adults communicate effectively.

COMING SOON!

Join our waitlist...

We run lots of different groups, we change them every 3 months. Please look through the next few pages to see what else we offer. If you see a group that you would like to do that isn't running from October to December, just send us an email.

We will put your name on a waitlist and contact you when a new group is starting.

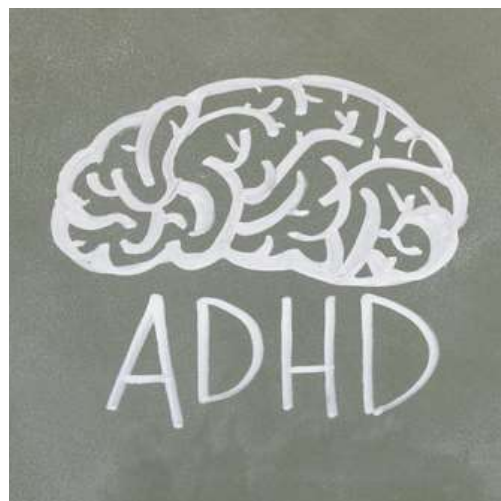
EH.0-19parentingteam@eastsussex.gov.uk

Parenting Children with ADHD 4-11

**Want to support your ADHD child's
regulation and attention?**

A supportive group for parents and carers of children aged 4 to 11 who are exploring or living with an ADHD diagnosis.

This program helps families understand how amazing and unique children with ADHD are. Learn how to go from frustration to connection; strategies to support you and your child.



To book or ask a question, email -
EH.0-19parentingteam@eastsussex.gov.uk

Early Bird Plus 4 +

(National Autistic Society)

Want to build a better understanding of your autistic child?

This group is here to help parents and carers of children aged 4 to 9 with autism or on the diagnostic pathway.

Learn how to make sense of your autistic child's communication, behaviour and sensory needs. Helping everyone work together to support your child, so they can feel more confident and happy.



To book or ask a question, email -
EH.0-19parentingteam@eastsussex.gov.uk

Positive Parenting Programme 2-12

**Want some practical support for every day
parenting challenges?**

This group is here to help parents and carers of
children aged 2 to 12.

Learn how to build stronger routines and
relationships for positive behaviour.

This group can support parents and carers to
feel more confident as their child grows.



To book or ask a question, email -
EH.0-19parentingteam@eastsussex.gov.uk

Understanding your Baby

Discover how bonding with your baby supports their brain and emotional development.

This group is here to help parents and carers of babies up to 6 months old.

Learn about your baby's brain development, behaviour and emotions, while building confidence and responding to your baby's needs



To book or ask a question, email -
EH.0-19parentingteam@eastsussex.gov.uk

Drop Ins

Lewes and Havens

Lewes Family Hub
First Friday of the month, 10-12pm

3rd Oct
7th Nov
5th Dec

The Joff Youth Hub
Third Friday of the month, 9:30-11am

24th Oct
28th Nov

Rother

Sidley Family Hub
First Friday of the month, 10-12pm

3rd Oct
7th Nov
5th Dec

High Weald

Uckfield Family Hub
Second Friday of the month, 10-12pm

10th Oct
14th Nov
12th Dec

Hastings and St Leonards

East Hastings Family Hub
10am-12pm

13th Oct
10th Nov
8th Dec

Hastings Town Family Hub
10am-12pm

20th Oct
24th Nov
15th Dec

Eastbourne and Hailsham

Shinewater Family Hub
First Friday of the month, 9-12pm

3rd Oct
7th Nov
5th Dec

Hailsham Family Hub
Second Monday of the month, 9-12pm

13th Oct
10th Nov
8th Dec

Devonshire Family Hub
Second Monday of the month, 1-4pm

13th Oct
10th Nov
8th Dec

Archery Youth Hub
Second Friday of the month, 9-12pm

10th Oct
14th Nov
12th Dec

Quick Guide

**October to
December
2025**

FREE Groups for parents/ carers of East Sussex.
October - December 2025

**Parenting Children With
Anxiety 4 +**

Want to support your child
through their worry and fear?

Wednesday 5th Nov - 17th Dec

10:00-12:00pm - 7 Sessions

**Supporting Parents of
Teenagers 10+**

Want to navigate explosive
emotions and go from conflict to
calm?

Wednesday 5th Nov - 17th Dec

10:00-12:00pm - 7 Sessions

Sidley Family Hub

Harmony at Home

Want to improve your
communication as a couple and
have a calmer household?

Thursday 6th Nov - 27th Nov

10:00-12:00pm - 4 Sessions

**Teen Life 10+ (National
Autistic Society)**

Want to navigate adolescence
with your autistic teen?

Tuesday 4th Nov- 16th Dec

12:30 to 14:30pm - 8 Sessions

Calmer Co Parenting

Want calmer communication
and less stress as a co-parent?

This is an online program you can do at your
own speed on your own, with support from a
parenting practitioner.

To book or ask a question, email -
EH.0-19parentingteam@eastsussex.gov.uk

FREE ONLINE Webinars for parents/ carers of East Sussex. October - December 2025

Managing Anxiety and Avoidance in Children (2-10)

Want to understand the signs of anxiety and what to look out for?

- Tues 14th Oct 12:30pm - 2:30pm
- Thurs 6th Nov 10:00am -12:00pm
- Tues 9th Dec 10:00am -12:00pm

Becoming a Positive Parent (2-10)

Want to make small changes that have a big difference?

- Mon 6th Oct 10:00am -12:00pm
- Wed 12th Nov 6:30pm-8:30pm
- Thurs 4th Dec 12:30pm - 2:30pm

Triggers Tantrums and Teaching Moments (2-10)

Want to stay calm when your child isn't?

- Thurs 9th Oct 10:00am -12:00pm
- Tues 4th Nov 10:00am -12:00pm
- Wed 3rd Dec 12:30pm - 2:30pm

Understanding Teen Behaviour (10-19)

Want to keep your cool in the chaos?

- Wed 5th Nov 6:30pm - 8:30pm

Learning about Neurodivergent Children (2-19)

Want to know what Neurodivergence actually means and how it impacts behaviour?

- Wed 8th Oct 12:30pm - 2:30pm
- Tues 11th Nov 10:00am -12:00pm
- Wed 10th Dec 12:30pm - 2:30pm

Responding to Teen Emotions (10-19)

Want to understand what drives teen emotions, choices and challenges?

- Tues 21st Oct 10:00am -12:00pm
- Thurs 11th Dec 12:30pm - 2:30pm

Feedback

Hear some of the feedback we have recieved from parents who recieved support from our team, groups and workshops.

“Fantastic course, loved the weekly progression and being able to share with practitioners and other parents. Like the workbook. The strategies and overall message of being consistent have really helped and given a focus and plan to work on.”

Parenting children with anxiety 4+- Group

“Great and interesting webinar as always.

Love that it's easy to understand and gain so much support every time. The practitioners broke it down so it's easy to take in and useful strategies for daily need - absolute need for parents - thank you”

Learning About Neurodivergent Children- Workshop

“I found the session very helpful. The practitioner did a great job talking us through the different strategies and I hope we can use these ideas to help create a more harmonious home environment, and to become better parents.”

Becoming a Positive Parent- Workshop

“The sessions have been educational but at the same time affirming in how we parent during teen years. Great balance of education and empowering room to share experiences. “

Teen Life - Group

Mailing List for Guides

Want to be among the first to find out about our new groups and workshops each quarter?

As part of the family hubs, we have created a way for you to subscribe to our mailing list to be sent our guides when they are ready.

Scan the QR code below to complete the form and subscribe.





The Parenting Team

Being a parent is
a journey...

Let's make it a
positive one!



For more information
about our free groups,
webinars and events.
Scan the QR code

