

Coram Family Lives Parenting Groups & Workshops Autumn 2026



All our programmes provide support, information and resources to parents/carers and adult family members so they can help their child reach their full potential.

Bringing Up Confident ADHD/ASD Children - Online

Monday 5 October to 16 November

7pm to 9pm

Or

Friday 6 November to 11 December

9.30am to 11.30am

Less Shouting more Cooperation - Online

Tuesday 6 October to 17 November

9.30am to 11.30am

Dads Together

Wednesday 4 November to 9 November

7pm to 9pm

Anxiety around ADHD Workshop - Online

Wednesday 21 October

9.30am to 11.30am

Sibling Rivalry Workshop – Online

Monday 9 November

9.30am to 11.30am

Reducing Conflict Workshop – Online

Wednesday 25 November

7pm to 9pm

It's a Dad's Life

Thursday 26 November

7pm to 9pm

Navigating the Storm (Teens)

Wednesday 2 December

9.30am to 11.30am

To book a place please click here [Referral Form for Family Lives Herts Parenting Groups and Workshops](#) for our online referral form.