

Supporting and Progressing Families (SPF)

This is an 8-week programme and is aimed at parents of children aged 10+.

SPF is based on the philosophy of *non-violent resistance* (NVR) and looks at building stronger relationships within the family. It will give parents the opportunity to explore and learn new tools and techniques and ways of responding to their child based on a number of core principals, including parental self-care, parental presence and de-escalation.

The programme runs on a rolling basis, with new course starting every fortnight.

Please see dates below. For more information or to make a referral, please contact your locality Community Partner:

Dunstable – Katie Jeeves Katie.Jeeves@centralbedfordshire.gov.uk or 0300 300 6681

Houghton Regis – Amy Staton Amy.Staton@centralbedfordshire.gov.uk or 0300 300 6270

Leighton Buzzard – Amanda McDonald Amanda.McDonald@centralbedfordshire.gov.uk or 0300 300 4147

West Mid Beds – Natalie Good Natalie.Good@centralbedfordshire.gov.uk or 0300 300 4513

Ivel Valley – Kerry Nielow Kerry.Nielow@centralbedfordshire.gov.uk or 0300 300 6440

Start Date	Time
Wednesday 6 th January 2021	10am-12pm
Monday 18 th January 2021	5.30pm-7.30pm
Tuesday 2 nd February 2021	12.30pm-2.30pm
Wednesday 17 th February 2021	10am-12pm
Wednesday 3 rd March 2021	12.30pm-2.30pm
Tuesday 16 th March 2021	6pm-8pm
Tuesday 30 th March 2021	10am-12pm
Thursday 15 th April 2021	5pm-7pm
Thursday 29 th April 2021	12.30pm-2.30pm
Thursday 13 th May 2021	10am-12pm

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