



Parenting Courses:

- Surrey Heath Family Centre – 01276 462897 [1-1 Family Support](#)
[Surrey Heath : Surrey Barnardos Family Centres](#)

Family centres help families with all aspects of family life. Your local family centre will support you with parenting and relationship challenges and will help you to grow in confidence so you can manage any future difficulties. The aim of the family centre is to help families build their own resilience and support network.

- [Parenting courses and advice - Surrey County Council](#)

The aim of these courses is to help your relationship with your child by helping you understand or communicate with them better. Taking part in a course can improve your confidence and create a happier home environment.

Some courses take place face to face, often at [Family centres](#), and some are offered online. Courses are different lengths, from one off sessions to a few weeks. There is sometimes a small cost however you can get support to cover this.

- [Woking Family Contact Centre - Woking Family Contact Centre](#)

Woking Family Contact Centre provides a warm and friendly space where children from separated families can meet and spend time with the parent that they don't live with, and sometimes with other family members.

An additional service offered to visiting parents who have permission to take their children out for the afternoon, is that they may use the Centre as a "handing over" venue.

The Centre is run by a Co-Ordinator and other trained volunteers. Oversight is the responsibility of a separate Management Committee whose members are also Trustees of the Charity.

The Centre is one of a nationwide network of Contact Centres affiliated to the National Association of Contact Centres (NACCC). NACCC provides guidance and support to its members. For further information visit www.naccc.org.uk

- [Groups and Courses at Woking : Surrey Barnardos Family Centres](#)

Groups and courses include; Parenting Puzzle, Keeping Your Child in Mind, Parent Drop-in, SEND Online Support Group, Thursday Tots, Parent/Carer Well-being Group, Play & Learn Plus, Support Group for Ethnic Minorities

Family centres support families to find solutions to the parenting and relationships challenges they face and to grow in confidence to manage future difficulties. The aim of the family centres is to help families build their own resilience and self-reliance.

Surrey County Council commissions Barnardo's to run the family centre services at Epsom & Ewell, Runnymede, Surrey Heath, Tandridge, Waverley and Woking

DICE – Parenting Workshop (supporting teenagers) - [Dice Programme | Barnardo's](#)

The Dice programme provides support for parents of 'at risk' children and young people. In partnership with Bradford Safeguarding Children's Board the DICE parenting programme has been developed to support parents/carers with knowledge and strategies that will enable them to have a greater understanding, be more tolerant and nurturing to their child at risk.

- [Community Wellbeing Team \(CWT\) | Barnardo's](#)

Barnardo's Community Wellbeing Team works across Surrey Heath, Spelthorne, Waverley & Woking. We work with children and young people, aged 6-18 years, to help support emotional health and wellbeing as soon as a need is identified.