

Fareham and Gosport Family Support Service Timetable Autumn 2026

Day	Group Name	Age Group	Time	Venue	Frequency
Monday	ADULT PAACE	Adult	10.00 – 12.00	Gosport Discovery Centre Haslar Room	10 week course starting 28/9
	SOS	All ages	3.00 - 5.00	Virtual	Ongoing weekly
Tuesday	NVR	12+ years	9.45 – 11.45	Fareham Library, The Makery Room	8 week course starting 29/9
	Family Links Nurture	2-11 years	9.30 – 11.30	Oak Meadow - Chestnut Hall	10 week course starting 15/9
	SOS	All ages	10.00 – 1.30	Fareham library	Ongoing weekly
Wednesday	NVR	5-11 years	9.30-11.30	Bridgemary Library	8 week course starting 16/9
	Talking Teens	12+	12.30 – 2.30 pm	Oak Meadow	4 week course 30/9
	SOS	All ages	10 – 1.30	Gosport Discovery Centre	Ongoing weekly
Thursday	Family Links Nurture	2-11 years	12.30 – 2.30 pm	Virtual	10 week course starting 1/10
Friday	Talking Teens	12+	10.00 – 12.00	Virtual after half term	4 week course starting 13/11
	SOS	All ages	10-12	Virtual	Ongoing weekly

<u>Life With Your Teenager - 4 week course</u> This course is aimed at families with teenagers. The course covers the following: • Being a parent of a teenager • Understanding your teenager • Communicating with your teenager • Managing conflict	<u>Positive and Adverse Childhood Experiences (PAACE) - Adult PAACE is a 10 week course</u> This course has been created to inform and educate parents about the impact of PAACE on them and their children. The PAACE Toolkit Programme works with people who have experienced PAACE which have resulted in emotional trauma. The course aims to assist parents to look at ways of developing positive lifestyle changes.	<u>Family links Nurture Programme (FLNP) - 10 week course</u> This course covers the following: • Emotional Health and Mental Well-Being • Relationship Skills and Positive Behaviour Management Strategies • Self-Awareness and Self Esteem • Appropriate Expectations and Empathy • Positive Discipline	<u>Non-Violent Resistance (NVR) - 8 week course</u> For parents/ carers with a child who exhibits controlling or violent behaviours Is an approach for parents and other caregivers that helps to increase presence and overcome impulsive and dangerous behaviours, while reducing conflict and escalation? It supports the creation of deep connective bonds between parent and child. NB: This is not a restraint course
<u>Tots Talking - 8 week virtual course</u> Programme developed with parents to improve the language skills of two-year-olds, with the aim of getting parents to talk more to their two-year-olds so their child will be ready to do well at nursery and school. The course encourages parents to use more contingent language behaviours such as following the child's lead and using commentary on activities rather than asking questions and giving instructions.	<u>SOS (Single issue support) - 1-1 call or face to face appointment with two follow up calls or appointment in the following weeks</u> Whether the single issue is dealing with specific problems such as managing the household, supporting healthy lifestyles or attachment and bonding, SOS can support families in finding the best solution. • Build your skills as a parent. • Learn how to deal with specific concerns. • Get advice on managing your child's behaviour. Discover new ways to help your child learn and develop.	<u>Additional online support for parents</u> Back to Basics Togetherness - free resources to support wellbeing for parents, carers, grandparents, and young people Hampshire Healthy Families Connect To Support Hampshire - directory of services On Plus One - relationship support for parents	<u>To book onto any of these sessions please use the QR code below</u> Fareham and Gosport Family Help Booking Form 
Co-Ordinator Workshop Oak Meadow, Nashe Way, Fareham. PO15 6NB Monday 9th November 2026 1–2.30 pm Gosport Home School Link Worker Meeting Monday 19th October 2026 10-11.30 am, Lee Junior School Fareham Home School Link Worker Meeting Monday 12th October 2026 1-2.30 pm, Oak Meadow Family Centre			