



Support for Parents and Carers

in East Sussex
April - June 2026



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**

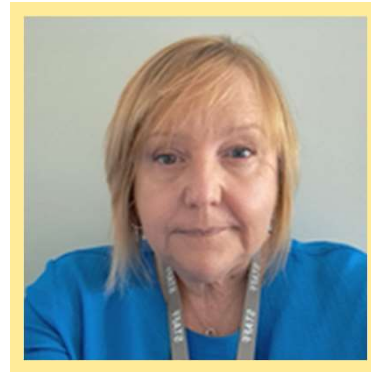
***Being a parent is a journey,
Let's make it a positive one!***

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Meet The Team



Gemma



Ann-Marie



Sarah



Carly



Sophie



Helen

Webinars

April- June 2026

**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 13th April
12:30 - 14:30 pm

Tuesday 23rd June
10:00 - 12:00 pm

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 16th April
10:00 - 12:00 pm

Thursday 11th June
10:00- 12:00 pm

To book or ask a question, email -
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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.



Thursday 7th May
18:30 - 20:30 pm

Monday 8th June
10:00 - 12:00 pm

To book or ask a question, email -
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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 22nd April
12:30 - 14:30 pm

Monday 15th June
10:00 - 12:00 pm

To book or ask a question, email -
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NEW! Being a Neurodivergent Parent

Your brain. Your parenting. Your way.

This 2 hour online session is for parents and carers who are neurodivergent (diagnosis not needed)

Join us to celebrate neurodivergent parenting and the insight, creativity, and care it brings. We'll talk honestly about challenges, honour individual needs, and share supportive approaches that work with your nervous system, not against it.



Thursday 21st May
10:00 - 12:00 pm

Wednesday 24th June
18:30 - 20:30 pm

To book or ask a question, email -
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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.



Tuesday 14th April
18:30 - 20:30 pm

Monday 11th May
10:00 - 12:00 pm

To book or ask a question, email -
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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.



Thursday 21st May
18:30 - 20:30 pm

Tuesday 30th June
12:30 - 14:30pm

To book or ask a question, email -
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NEW! POWER HOUR

An Insight into Anxiety

Knowledge is power!

**A shorter online bitesize session of
learning and information**

- Learn about childhood anxiety
- Meet other parent/carers
- Join an optional Q&A at the end

Cameras & mics optional,
just watch and listen if you prefer!



**Wednesday 8th April
19:00 - 20:00 pm**

To book or ask a question, email -
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NEW! POWER HOUR

The Teenage Brain

Knowledge is power!

**A shorter online bitesize session of
learning and information**

- Meet other parent/carers
- Learn about the adolescent brain
- Join an optional Q&A at the end

**Cameras & mics optional,
just watch and listen if you prefer!**



**Wednesday 1st April
19:00 - 20:00 pm**

**To book or ask a question, email -
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NEW! POWER HOUR

ADHD and Autism

Knowledge is power!

**A shorter online bitesize session of
learning and information**

- Meet other parent/carers
- Key information on ADHD and Autism
- Join an optional Q&A at the end

**Cameras & mics optional,
just watch and listen if you prefer!**



**Wednesday 27th May
19:00- 20:00pm**

To book or ask a question, email -
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Pre-recorded Webinars

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

Everyday Ways to Play

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

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

Supporting Big Emotions Before School Starts

Help your child feel calm and ready for school!

Understand and support your child's feelings about starting school. Learn simple ways to build confidence and ease worries.



To book or ask a question, email -
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Pre-recorded Webinars

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

Online Safety in a digital world

Want to keep your child safe online?

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 -
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Groups

April- June 2026

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.

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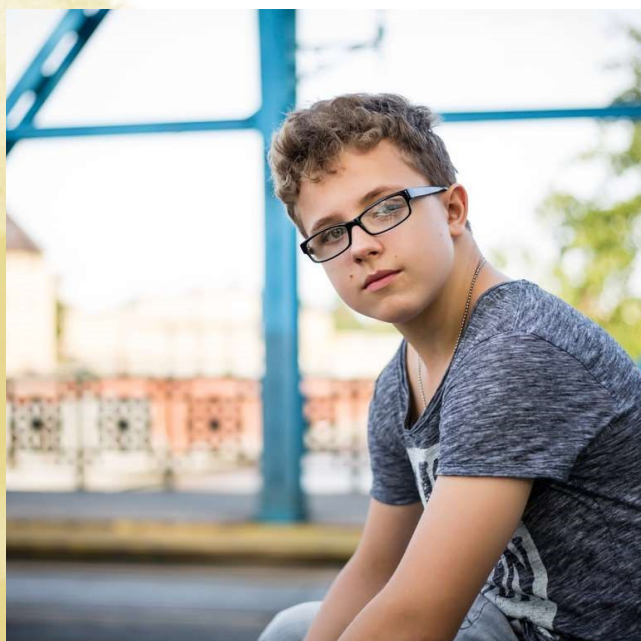
Teen Life 10+

(National Autistic Society)

**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 14th April -
9th June
(week off May half term)**

**Weekly session
10:00-12:00 pm**

To book or ask a question, email -
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Positive Parenting Programme 2-12

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

This **online** 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.



**Wednesday 6th May -
1st July
(week off May half term)**

**Weekly session
10:00-12:00 pm**

To book or ask a question, email -
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Harmony at Home

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

This **online** 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.



**Tuesday 28th April -
19th May**

**Weekly session
12:30 - 14:30 pm**

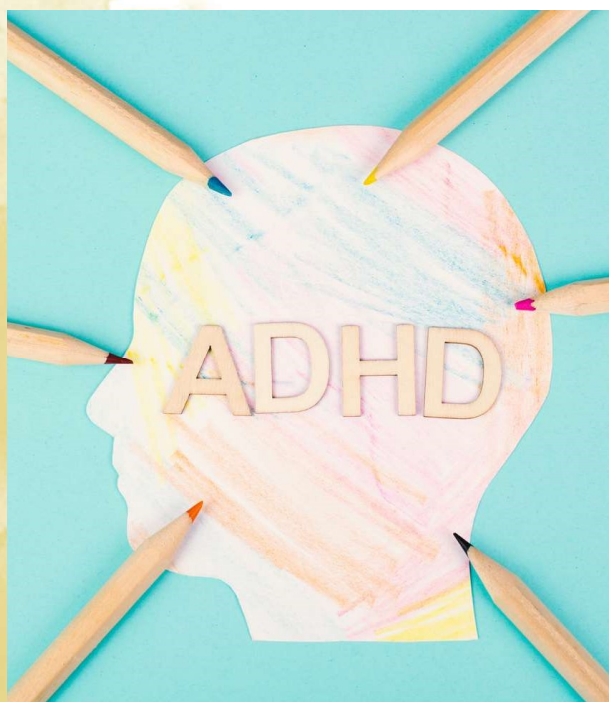
To book or ask a question, email -
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Parenting Children with ADHD 4+

FACE TO FACE GROUP

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

A group for parents and carers of children aged 4 to 11 who are exploring or living with an ADHD diagnosis. Understand how amazing and unique children with ADHD are. Learn how to go from frustration to connection; with strategies to support.



**Wednesday 15th April -
10th June**

(Week off May half term)

**Venue: The Joff
Youth Hub, Peacehaven**

**weekly sessions
10:00-12:00 pm**

To book or ask a question, email -
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Supporting Parents of Teenagers 10+

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

This **online** 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.



**Tuesday 2nd June -
21st July**

**Weekly session
10:00 - 12:00 pm**

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.



To book or ask a question, email -
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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 April to June, just send us an email. We will put your name on a waitlist and contact you when a new group is starting.

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Parenting Children With Anxiety 4 +

**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.



To book or ask a question, email -
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NEW! EarlyBird

(National Autistic Society)

Want to build a better understanding of your early years autistic child?

This group is here to help parents and carers of **children aged 2 to 4** 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 -
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EarlyBird 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 -
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Drop Ins

Lewes and Havens

Lewes Family Hub First Friday of the month, 10-11:30am	1st May 5th June
The Joff Youth Hub Third Friday of the month, 9:30-11am	24th April 22nd May 26th June

Rother

Sidley Family Hub 10-11.30am	1 st May 5 th June
NEW! Hub on Rye Hill Third Friday of the month 9.30-11am	17 th April 15th May 19 th June
NEW! Ticehurst Village Hall 10-11:30pm	16 th June

High Weald

Uckfield Family Hub Second Friday of the month, 10-11:30am	10th April 8th May 12th June
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Drop Ins

Hastings and St Leonards

Hastings Town Family Hub

10-12pm

18th May

East Hastings Family Hub

10-12pm

13th April

15th June

Eastbourne and Hailsham

Shinewater Family Hub

First Friday of the month, 9-12pm

10th April

1st May

5th June

Hailsham Family Hub

Second Monday of the month, 9-12pm

13th April

11th May

8th June

Devonshire Family Hub

Second Monday of the month, 1-4pm

13th April

11th May

8th June

Archery Youth Hub

Second Friday of the month, 9-12pm

17th April

29th May

12th June



FAMILY HUB
E A S T S U S S E X



Family First Consultation Advice Line

If you'd like advice, guidance or support around any challenges your family is facing, you can contact the East Sussex Family Advice Line.

Call: 01323 464655

Opening hours:

Monday to Thursday: 8:30am - 5:00pm

Friday: 8:30am - 4:30pm

Quick Guide- Groups

FREE **Groups** for parents/ carers of East Sussex.

April - June 2026

No sessions run in half term

Teen Life 10+

National Autistic Society

For parents/carers with children aged 10-16 years who are diagnosed with Autism or on the pathway to diagnosis.

Tues 14th April - 9th June

10:00-12:00pm

Parenting children with ADHD

4+

learn how to go from frustration to connection; strategies to support you and your child to cope

Face Face Group

The Joff, Peacehaven

Wed 15th April - 10th June

10:00-12:00pm

Harmony at Home

This course is for parents or carers who are in a relationship but aren't getting along.

Tues 28th April - 19th May

12:30-14:30pm

Positive Parenting Programme

2-12

Want some practical support for every day parenting challenges?

Wed 6th May - 1st July

10:00-12:00pm

Supporting Parents of

Teenagers 10+

For parents/ carers of teens aged 10-16.

Tues 2nd June - 21st July

10:00-12:00pm

Calmer Co Parenting

For parents who are separated or divorced.

Learn at your own pace, anywhere, anytime.
Supported by a Parenting Practitioner



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

**To book or ask a question, email
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Quick Guide- Workshops

FREE ONLINE workshops for parents/ carers of East Sussex.
From April - June 2026

Managing Anxiety and Avoidance in Children (2-12 yrs)

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

- Thurs 7th May 18:30 - 20:30pm
- Mon 8th June 10:00 - 12:00pm

Becoming a Positive Parent (2-10 yrs)

Want to stay calm when your child isn't?

- Mon 13th April 12:30 - 14:30pm
- Tues 23rd June 10:00 - 12:00pm

Triggers Tantrums & Teaching Moments (2-12yrs)

Want to make small changes that have a big difference?

- Thurs 16th April 10:00 - 12:00pm
- Thurs 11th June 10:00 - 12:00pm

Learning about Neurodivergent Children (2-19yrs)

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

- Wed 22nd April 12:30 - 14:30pm
- Mon 15th June 10:00 - 12:00pm

Responding to Teen Emotions (10-19 yrs)

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

- Thurs 21st May 18:30 - 20:30pm
- Tues 30th June 12:30 - 14:30pm

Understanding Teen Behaviour (10-19 yrs)

Want to keep your cool in the chaos?

- Tues 14th April 18:30 - 20:30pm
- Mon 11th May 10:00-12:00pm



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

NEW!

Being a Neurodivergent Parent

Your brain. Your parenting. Your way.

- Thurs 21st May 10:00 - 12:00pm
- Wed 24th June 18:30 - 20:30pm

To book or ask a question, email
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Quick Guide- New! Power Hours

Knowledge is power!

A shorter online bitesize session of learning and information

From April- June 2026

An Insight in to Anxiety

Learn about childhood anxiety

- Wed 8th April 19:00 - 20:00pm

The Teenage Brain

Learn about what's happening in an
adolescent brain

- Wed 1st April 19:00 - 20:00pm

ADHD and Autism

Learn about key strengths and differences
of both ADHD and Autism

- Wed 27th May 19:00 - 20:00pm

Pre-recorded webinars that you can watch any time

- Online Safety in a Digital World
- Everyday Ways to Play
- Supporting Big Emotions Before School Starts



To book or ask a question, email
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Frequently Asked Questions

Which course or webinar is right for me?

We run different groups and webinars for different ages and needs.

Some focus on behaviour and routines, others help with big feelings, teen challenges, or children with additional needs. Tell us what you need help with, and we can guide you to the best one.

How long will I have to wait to start?

Waiting times can be different for each course.

We always try to offer you the soonest space we have.

If the group you want is full, we might offer a different course or a webinar so you don't have to wait too long.

What if I need more help than a webinar?

Webinars are a good start, but some families need more time and more support. If a webinar doesn't feel enough, please talk to us.

We can help you find another programme or extra support.

Don't forget we also have our drop ins at the family hubs where you can come and have 1-1 support.



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