

School and Family Hubs based Group Services

Strengthening Families, Strengthening Communities (SFSC) Ages 3 - 13

Format: 12 - 13 weeks × 2 - 3 hours (group sessions).

Evidence Base: Developed by the Race Equality Foundation; grounded in Social Learning Theory and cultural competence.

What it is: SFSC is an inclusive, parenting program that helps families build strong relationships, improve communication, and encourage positive behaviour.

Impact: Strengthens family relationships, reduces conflict, and promotes resilience in diverse communities.

Incredible Years (IY) Ages 3 - 13

Format: 10–12 weeks 2-3 hours (group sessions).

Evidence Base: Internationally recognised, based on Social Learning Theory, promoting modelling, reinforcement, and positive parenting.

What it is: This program helps strengthen parent-child relationships and supports children's social, emotional, and behavioural development.

Impact: Improves parenting skills, reduces child behavioural problems, and enhances school engagement.

One-off Parenting Workshops Ages 2-17

Format: 2–3 hour sessions.

Evidence Base: Based on Social Learning Theory, providing practical strategies parents can apply immediately, including role play.

Topics Include:

- Understanding developmental stages: (2–4, 5–11, 12–16, 17)
- Calming Challenging Behaviour in the Moment
- Building Positive Family Routines
- Managing Behaviour Across Developmental Stages

Impact: Accessible, flexible, and equips parents with practical tools for immediate use.

Parenting Coffee Mornings Ages 2 - 17

Format: Informal themed discussions (1–2 hours).

Delivery: The facilitator liaises with the school/organiser to tailor sessions to their families' needs, focusing on current parenting challenges.

What it is: A light-touch way to keep parents informed, engaged, and up to date with effective parenting strategies.

Impact: Builds trust, breaks down stigma, and provides timely, relevant support on topics that matter most.

School and Family Hubs based Parenting Workshop LIST:

Managing Challenging Behaviour and developmental stages ages 2- 17

Understanding Behaviour in the Early Years

- Why toddlers tantrum and preschoolers push boundaries
- How to meet emotional needs and set clear rules early
- Tools: play, routines, and calm responses

Primary School Years : Boundaries & Big Feelings

- Understanding “Why should I?” behaviour
- Encouraging cooperation and responsibility
- Tools: praise, rewards, and consistent consequence

Early Teens : Attitudes, Choices & Peer Pressure

- Why peer approval drives behaviour
- Balancing independence with safe limits
- Tools: problem-solving, negotiation, and staying connected

Late Teens to Adulthood : Responsibility & Respect

- Moving from rules to values
- Encouraging independent decision-making
- Tools: communication, trust, and respecting boundaries on both sides

Special Focus Workshop: Calming Challenging Behaviour in the Moment

- Staying calm when behaviour escalates
- Using de-escalation techniques
- Creating a “family toolkit” for tricky moments

Special Focus Workshop: Building Positive Family Routines

- Why structure reduces conflict
- Designing routines that actually stick
- Tools: visual timetables, agreements, and family rules

All workshops can be personalised to meet specific needs.
Please request during the admin stage

School and Family Hubs based Parenting Coffee Morning – Suggested Topics

Addressing Mild-to-Moderate Challenging Behaviours. Ages 2 - 17

Behavioural Challenges

- Frequent tantrums or meltdowns
- Defiance / refusal to follow instructions
- Answering back or argumentative behaviour
- Attention-seeking behaviours (interrupting, shouting out, clinginess)
- Difficulty with routines (bedtime, mornings, mealtimes)
- Overuse of screens/technology and conflict around limits
- Disruptive behaviour in class (calling out, leaving seat, ignoring work)

Emotional & Social Challenges

- Low frustration tolerance (getting upset quickly when things don't go their way)
- Difficulty managing emotions (anger, sadness, worry)
- Peer conflict (falling out with friends, being bossy, struggling to share)
- Mild anxiety (worry about school, separation, or change)
- Low self-esteem (negative self-talk, lack of confidence to try)

Attention & Impulse Challenges

- Difficulty staying on task or concentrating for age-appropriate periods
- Impulsive behaviour (blurting out, grabbing, risk-taking)
- Restlessness/fidgeting that causes disruption
- Forgetting instructions or routines

All workshops can be personalised to meet specific needs. Please request during the admin stage

SERVICES PRICING

Assessments/Maintenance

Service Ages 3- 13	Format	Price
Parenting Assessment Report	A written Professional Report for the school/DSL, suitable for Ofsted and referrals.	£550
Maintenance Plan	Recommended tools and Parental guidance to tackle tailored minor challenging behaviour	£150
Parenting Maintenance Package	Maintenance Plan + 4 (45 minute) follow-up phone/online check-ins	£450

One-to-One Services

Service Ages 3- 13	Format	Duration	Price
PIPT – Personalised Individual Parent Training	Weekly 1:1 with parent + live coaching (child present)	6–8 weeks	6 - £660 8 - £880
Guided Self-Help (GSH)	Structured 1:1 parenting support	8 sessions	8 - £880

Group Programmes

School and Family based Programme Ages 3- 13	Format	Duration	Price
SFSC – Strengthening Families, Strengthening Communities	Inclusive evidence-based group programme	13 weeks × 2.5 hrs	£6,800 per programme
incredible years	Evidence-based behavioural management	10–12 weeks	£6,800 per programme

Group Workshops

School and Family Hubs based Workshops	Format	Price
One-off Parenting Workshop - Ages 2-17	2–3 hours (topics by age/stage) + resources	£375 per session
Coffee Morning Ages 2- 17	1.5 hours Informal group discussion (targeted theme) + resources	£250 per session

ONZ P.A.T.H School and Family Hubs Packages

BRONZE

Price: £3,000 per school

Includes:

- 1 × Assessment Report + Maintenance Plan -
- 2 × One-to-One Parent Sessions (PIPT or GSH).
- 1 × Parent Workshop -
- 2 × Parent Coffee Morning (informal support, resource pack)

SILVER

Price: £5,100 per school

Includes:

- 2 × Assessment Report + Maintenance Plan
- 3 × One-to-One Parent Sessions.
- 2 × Parent Workshop
- 3 × Parent Coffee Morning.

GOLD

Price: 7,400 per school

Includes:

- 3 × Assessment Report + Maintenance Plan
- 4 × One-to-One Parent Sessions (GSH or PIPT)
- 3 × Parent Workshops
- 4 × Parent Coffee Mornings

PLATINUM

Price: £14,500 per school

Includes:

- 1× Gold package
- 1× SFSC cohort (supports up to 15 parents).