



Support for Parents and Carers

in East Sussex

January - March 2026



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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

January - March 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.**

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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.



**Wednesday 14th January
12:30 - 2:30 pm**

**Tuesday 17th March
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 15th January
10:00 - 12:00 pm

Wednesday 25th March
12:30-2:30 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.



**Tuesday 24th February
12:30 - 2:30pm**

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.



Thursday 22nd January
10:00 - 12:00 pm

Tuesday 24th March
10:00 - 12:00 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 24th March
6:30 - 8:30pm

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.



Tuesday 3rd February
12:30 - 2:30pm

To book or ask a question, email -
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NEW! Watch Party

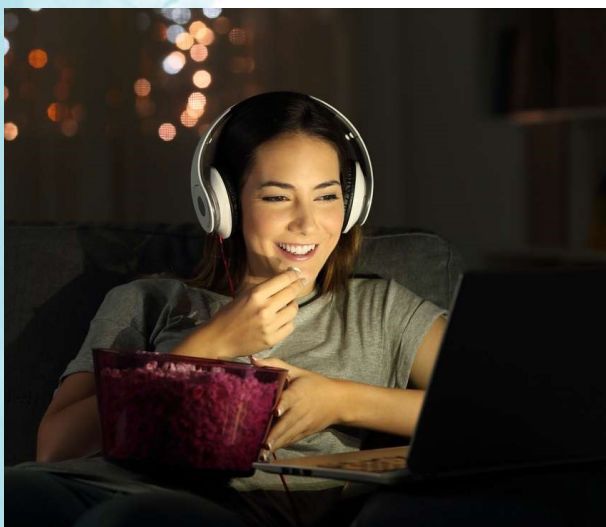
Childhood Anxiety

**BYOP (Bring Your Own Popcorn)
& Leave with Top Takeaways!**

A short 45 min to 1hr relaxed online session:

- Watch short, helpful videos
- Learn about childhood anxiety
- Join an optional Q&A at the end

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



**Wednesday 4th March
6:30 - 7:30pm**

To book or ask a question, email -
EH.0-19parentingteam@eastsussex.gov.uk

Online Safety in a Digital World

Want to keep your child safe online?

This online session is here to help parents and carers of children and teenagers aged 2 to 19.

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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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.



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Groups

January - March 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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Parenting Children With Anxiety 4 +

Virtual group via MS Teams

**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.



**Tuesday 13th January -
3rd March
(7 Sessions)**

**10:00-12:00 pm
No session in half term**

To book or ask a question, email -
EH.0-19parentingteam@eastsussex.gov.uk

Early Bird Plus 4 +

(National Autistic Society)

Virtual group via MS Teams

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.



**Thursday 22nd January
- 19th March
(8 Sessions)**

**10:00-12:30 pm
No session in half term**

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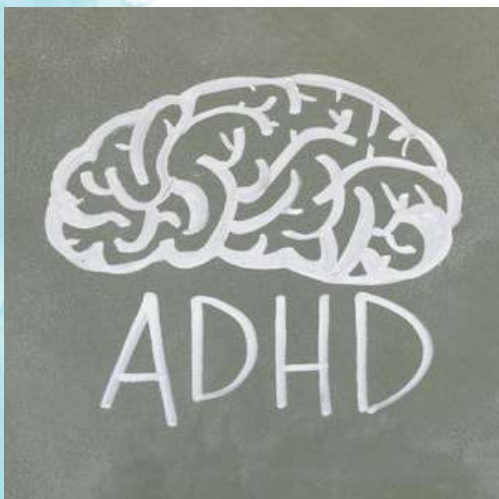
Parenting Children with ADHD 4+

Virtual group via MS Teams

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

A supportive group for parents and carers of children aged 4 to 11 who are exploring or living with an ADHD diagnosis.

This program helps families understand how amazing and unique children with ADHD are. Learn how to go from frustration to connection; strategies to support you and your child.



**Wednesday 14th
January - 11th March
(8 Sessions)**

**10:00-12:00 pm
No session in half term**

To book or ask a question, email -
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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.

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 January to March, 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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Positive Parenting Programme 2-12

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

This 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.



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Harmony at Home

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

This 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.



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 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.



To book or ask a question, email -
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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.



To book or ask a question, email -
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Understanding your Baby

Discover how bonding with your baby supports their brain and emotional development.

This group is here to help parents and carers of babies up to 6 months old.

Learn about your baby's brain development, behaviour and emotions, while building confidence and responding to your baby's needs



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Drop Ins

Lewes and Havens

Lewes Family Hub First Friday of the month, 10-11:30am	6th Feb 6th Mar
The Joff Youth Hub Third Friday of the month, 9:30-11am	23rd Jan 27th Feb

Rother

Sidley Family Hub 10-12pm	9th Jan 6th Feb 6th Mar
NEW! Rye Discovery Centre 1-3pm	19th Jan 16th Feb 16th Mar
NEW! Ticehurst Village Hall 10-11:30pm	20th Jan 17th Feb 17th Mar

High Weald

Uckfield Family Hub Second Friday of the month, 10-11:30am	9th Jan 13th Feb 13th Mar
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Drop Ins

Hastings and St Leonards

Hastings Town Family Hub
10-12pm

19th Jan
16th Mar

East Hastings Family Hub
10-12pm

9th Feb

Eastbourne and Hailsham

Shinewater Family Hub
First Friday of the month, 9-12pm

2nd Jan
20th Feb
6th Mar

Hailsham Family Hub
Second Monday of the month, 9-12pm

12th Jan
13th Feb
13th Mar

Devonshire Family Hub
Second Monday of the month, 1-4pm

12th Jan
13th Feb
13th Mar

Archery Youth Hub
Second Friday of the month, 9-12pm

9th Jan
13th Feb
13th Mar



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.
January - March 2026

Parenting Children with Anxiety 4+

learn strategies to support
your child's emotional
resilience

Tues 13th Jan- 3rd Mar

10:00-12:00pm - 7 Sessions
No session in half term

Parenting children with ADHD 4+

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

Wed 14th Jan - 11th Mar

10:00-12:00pm - 8 Sessions
No session in half term

Early Bird Plus 4 + (National Autistic Society)

learn how to make sense of
your autistic child's
communication, behaviour and
sensory needs

Thurs 22nd Jan- 19th Mar

10:00-12:00pm - 8 Sessions
No session in half term

Calmer Co Parenting

For parents who are
separated or divorced.

Learn at your own pace, anywhere,
anytime. Interactive, easy-to-use online
program with videos, activities and
downloadable resources.

Supported by an East Sussex Parenting
Practitioner

To book or ask a question, email -
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FREE ONLINE Webinars for parents/ carers of East Sussex. January- March 2026

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

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

- Tues 24th Feb 12:30 - 2:30pm

Becoming a Positive Parent (2-10 yrs)

Want to stay calm when your child isn't?

- Wed 14th Jan 12:30 - 2:30pm
- Tues 17th Mar 10:00 - 12:00pm

Triggers Tantrums & Teaching Moments (2-12yrs)

Want to make small changes that have a big difference?

- Thurs 15th Jan 10:00 - 12:00pm
- Wed 25th Mar 12:30 - 2:30pm

Learning about Neurodivergent Children (2-19yrs)

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

- Thurs 22nd Jan 10:00 - 12:00pm
- Tues 24th Mar 10:00 - 12:00pm

Responding to Teen Emotions (10-19 yrs)

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

- Tues 3rd Feb 12:30 - 2:30pm

Understanding Teen Behaviour (10-19 yrs)

Want to keep your cool in the chaos?

- Tues 24th Mar 6:30 - 8:30pm

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



Feedback

Hear some of the feedback we have received from parents who received support from our team.

The content was excellent - packed with value and full of insights; from the scientific root causes of anxiety, through to practical tips and advice that can be used with my daughter immediately.

Managing Anxiety and Avoidance in Children- Workshop

This has been an incredibly helpful and enjoyable course. Maybe the best parental course I've done to date. Being specifically focused on ADHD has not only augmented my general understanding of the "disorder" (needs a new name), but more importantly helped me consider and support my daughter's feelings, emotions & behaviours through a wider lens; and support them accordingly. So many practical tips and tactics to use every day, that are already making a difference.

Parenting children with ADHD 4+- Group

This was a valuable and well-delivered session. Notably, the material was presented in a balanced and respectful manner, avoiding a deficits-based approach, which was appreciated. The facilitators did an excellent job managing comments and questions throughout, ensuring everyone who wanted to speak was acknowledged - impressive facilitation!

Learning About Neurodivergent Children - Workshop



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