



# Free Virtual Parenting Workshops Catalogue 2026

OPFCC Early Intervention Team

“As a county, we need to invest more in our young people. I am pleased to offer this service, offering support to children, young people and their families.

We can give specialist help, guide young people through many types of issues, and keep on the path to a safe, future where they can fulfil their potential.”

Northamptonshire Police, Fire & Crime Commissioner -  
Danielle Stone

Professionals can refer individuals onto the next available workshop by clicking on the link below and completing the referral form.

**The family does not have to be currently working with us to access the workshops.**



**NORTHAMPTONSHIRE**  
POLICE, FIRE & CRIME  
COMMISSIONER

[Click here to make a referral](#)



PROFESSIONAL  
COMPLETES A REFERRAL  
WITH THE INDIVIDUAL'S  
CONSENT



ONCE THE REFERRAL  
FORM IS RECEIVED, ONE  
OF THE TEAM WILL  
CONTACT THE  
INDIVIDUAL VIA EMAIL  
AND SEND THEM A  
BOOKING FORM WITH  
THE DATES AND TIMES  
OF THE SPECIFIED  
WORKSHOP



A FEW DAYS BEFORE THE  
WORKSHOP THE TEAM  
WILL SEND OUT THE  
MICROSOFT TEAMS LINK  
TO THE WORKSHOP WITH  
INSTRUCTIONS ON HOW  
TO JOIN



ON THE DAY OF THE  
WORKSHOP, THE  
INDIVIDUAL WILL JOIN  
THE WORKSHOP ON  
MICROSOFT TEAMS.  
PARTICIPANTS DO NOT  
HAVE TO HAVE THEIR  
CAMERA ON AND CAN  
CHANGE THEIR NAME ON  
SCREEN FOR ANONYMITY  
IF DESIRED



TWO PRACTITIONERS  
WILL DELIVER THE  
WORKSHOP LASTING  
APPROXIMATELY ONE  
HOUR, WITH TIME AFTER  
FOR QUESTIONS



THE PARTICIPANT WILL  
BE ASKED TO COMPLETE  
A FEEDBACK FORM ON  
THE WORKSHOP

# How it Works





# Domestic Abuse & Co-Parenting

# Domestic Abuse & Co-Parenting

## Objectives

## Outcomes

### Healthy & Unhealthy Relationships

- To learn about healthy and unhealthy behaviours in a relationship.
- Looking at warning signs and red flag behaviours
- Looking at how healthy and unhealthy behaviours can affect our emotional wellbeing and behaviours

- A reduction in police call outs for domestic related incidents in Northamptonshire
- Adults will have a greater understanding of healthy and unhealthy relationships and how these affect their emotional wellbeing and behaviour

### Emotional Impact on Children Who Experience Family Conflict

- For adults to look how their behaviours impact their children and can create adverse childhood experiences
- Looking at how children express their emotions when living with parental conflict

- For parents/carers to have a better understanding of the impact of parental conflict on their children and reduce the chances of children being emotionally impacted

### The Benefits of Effective Co-Parenting

- For parents/carers to explore how their co-parenting impacts their children and can go on to create adverse childhood experiences
- For parents to explore their co-parenting style with the aim of improving their communication
- Help parents/carers to gain an understanding about how they can help their children to navigate parental separation
- To support parents/carers in achieving a more consistent approach to co-parenting

- For parents/carers to have a better understanding of how positive co-parenting can benefit their children
- For parents/carers to have the skills and knowledge to co-parent effectively using a child centred approach





Young People

# Supporting Teenage Emotions and Behaviours

## Objectives

### Supporting Teenage Emotions and Behaviours

- To gain an understanding of the teenage brain
- To gain an understanding of the causes of challenging behaviours in teenagers
- To learn some strategies to address challenging teenage behaviours
- To build a positive relationship with your teenager
- To gain a better understanding of teenage emotions
- To learn tools & develop strategies to support with teenage emotions
- Know how to identify services to support you and your child

## Outcomes

- Parents to understand the changes/developments the teenage brain undergoes
- Parents to gain awareness of the 'typical' behaviours
- Parents to have gained several, successful strategies to manage their teenager's behaviours
- Parents to be upskilled in how to form a more positive bond with their teenager
- To learn new skills and tools to help your child manage their emotions and know when and where to get help



# Testimonials

"Thank you ladies for this course, it was so important to me and going forward I feel it will impact my relationship with my teenage kids better. I am so grateful for this. The course was so helpful and the presentation had many useful tools that I'll definitely use going forward"

"A great course the team were able to help me understand the impact and what it means to my child but also to help me have time at the end to explore the right course of action to support my daughter's future. Thank you and thank you for your service. Ace has been a life changer for my daughter and I"

"Really excellent workshop - insightful, practical and delivered with empathy. Excellent presenters on a very difficult topic. Has given me a lot to think about and put into practice"

"Found the workshop very impactful and useful"

"The people presenting made it feel like a very safe space which was good when talking"

"I thought the workshop was very informative, my partner watched it with me and was hard hitting for him too as he learned a lot"

"I really liked this workshop, wish I heard it all long time ago 😊 Very helpful, I think all parents need to hear this"

"Lovely and nice. Friendly and helpful worker that did the workshop"