



# 0-19 Early Help Hubs

## 4 Week Parenting Workshop

**Start Date: Monday 11th May 2026**

**Finish Date: 8th June 2026**

(no session on May 25th due to BH and half term)

**Time: 11:30am-1:30pm**

**Venue: Parkfield Children Centre  
44 Park Road NW4 3PS**

**No Creche available**

**This course will help you to:**

- **Gain an insight in to understanding your child.**
- **Develop better communication with your child.**
- **Build positive relationships within the family.**
- **Tips on Managing behavior using positive attention.**
  - **Learn new parenting techniques.**

For more information, please contact:

South Hub team: 02083593590

Or email:

Rukshana Begum:

[Rukshana.begum@barnet.gov.uk](mailto:Rukshana.begum@barnet.gov.uk)

