

Summary of Skills Building Workshops & Courses

If parents/carers are registered with a Hampshire GP (excluding Portsmouth and Southampton) they can self-refer, or **professionals can make a referral** on their behalf.

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[Referral Form](#)


Age Range

Programme Description

Family Links Nurturing Programme

11-week evidence-based nurturing programme which aims to support positive family relationships and offers practical support strategies.

Criteria:

3 – 12 years

- Challenging behaviour
- Suspected neurodivergence
- Waiting for an Autism or ADHD assessment/on the CAMHS pathway
- Hampshire GP

[Overview of Programme](#)

Talking Teens

5-week evidence-based nurturing programme which aims to increase understanding of children/young people as they experience the teenage years.

Criteria:

12 – 17 years

- Challenging behaviour
- Suspected neurodivergence
- Waiting for an Autism or ADHD assessment / on the CAMHS pathway
- Hampshire GP

[Overview of Programme](#)

Cygnets for ASC

9-week evidence-based programme which gives parents and carers an opportunity to develop their understanding of autism and look at practical solutions to support their child.

Criteria:

5 – 17 years

- Autism diagnosis
- Hampshire GP

[Overview of Programme](#)

Right from the Start

2-hour workshop and toolkit. Contains practical tips and checklists to support parents during earliest years of their child's life.

Criteria:

3 – 5 years

- Autism diagnosis
- Hampshire GP

[Overview of Programme](#)

Parent Factor for ADHD

8-week course which aims to increase knowledge and understanding of ADHD and gain the skills and confidence to support a child with ADHD.

Criteria:

5 – 17 years

- ADHD diagnosis
- Hampshire GP

[Overview of Programme](#)

Who's in Charge

9-week child to parent violence (CPV) programme aimed at parents whose children are being abusive or violent towards them or who appear out of parental control.

Criteria:

8 – 17 years

- Experiencing violence and abuse from your child
- Hampshire GP

[Overview of Programme](#)