



Family Hub

Summer 2023 Timetable



Come and Ask sessions

Our FSW team will continue to hold Come and Ask sessions fortnightly during the summer term. One-hour appointment slots are available every other Thursday morning between 9:00am and 1:30pm. All appointments are booked via Eventbrite, using the below link.

Booking link: [KFH Come and Ask](#)

Dates for sessions are:

Thursday 20th April 2023
Thursday 4th May 2023
Thursday 18th May 2023
Thursday 8th June 2023
Thursday 22nd June 2023
Thursday 6th July 2023
Thursday 20th July 2023

If you would like to attend a Come and Ask session but are unable to do so on a Thursday morning, please contact fsw@kite.academy.

Farnborough Foodbank

We don't think anyone in our community should have to face going hungry. Our team of Family Support Workers are working in collaboration with the Farnborough Foodbank and have agreed a food parcel collection point at the Kite Family Hub (Adjacent to Mytchett Primary & Nursery Academy). Thank you to those of you who have expressed an interest in offering your time to volunteer with this project. If you are interested in volunteering or would like to know more, then please click on the link below and complete the form.

<https://forms.office.com/e/znrJ4Bvg3X>



Workshop

Supporting and Understanding Behaviour and Anger

During the summer term we will be providing some additional support for parents around supporting and understand their children's behaviour.

This workshop is face to face and will focus on;

- Challenging behaviour and emotional regulation.
- Child's brain development
- Parenting styles
- Strategies to de-escalate meltdowns
- Strategies to support challenging behaviour
- Self-regulation

Workshops are being held face to face at:

- Hale – Tues 6th June - 9:15 – 11:15
- The Ferns – Tues 6th June – 12:30 – 2:30
- Lakeside – Thursday 8th June – 9:15 – 11:15

Booking Link: [KFH Supporting and Understanding children's Behaviour and Anger Workshop](#)

Further details to follow

Co-Parenting Course

Being a parent is one of the most rewarding things in the world. Yet at the same time can be one of the biggest challenges we can face.

The co-parenting course is designed to help separated or divorced parents or those who have responsibility for children, to better understand and respond differently to conflict and communication.

This parenting course is delivered by our Kite Family Hub team and is available to all Kite Academy Trust parents and carers.

We will be running two separate courses.

**2 x evening sessions - Thursday 22nd & 29th June
7 - 9pm at the Kite Family Hub in Mytchett.**

Booking Link:

[Evening Co-Parenting Course](#)

1 x daytime – Monday 26th June 9.30-12.30 at Lakeside Primary Academy.

Booking Link:

[Daytime Co-Parenting Course](#)