Parent Support Team
EAST SUSSEX

October–December 2026

Webinars

Becoming a Positive Parent (2-10 yrs)
13th October 10-12pm

Triggers Tantrums & Teaching Moments (2-12yrs)
6th October 6:30-8:30pm

Being a Neurodivergent Parent
7th October 12:30-2:30pm
17th November 6:30-8:30pm

Learning about Neurodivergent Children (2-19yrs)
21st October 12:30-2:30pm
2nd December 6:30-8:30pm

Managing Anxiety and Avoidance in Children (2-12 yrs)
5th November 10-12pm

Groups

No sessions in half term

Supporting Parents of Teenagers 10+ (STOP)
Wednesday 18th Nov- 13th Jan
10-12pm

Positive Parenting Programme 2-12 (Triple P)
Tuesday 24th Nov- 26th Jan
12:30-2:30pm

Teen Life 10+
(National Autistic Society)
Tuesday 3rd November - 5th January
10-12pm

To receive the booking form, please email us

parentsupport@eastsussex.gov.uk

Early Help 0-19
Respect | Partnership | Strength

NHS
East Sussex Healthcare
NHS Trust

East Sussex County Council

FAMILY HUB
EAST SUSSEX

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1–1 Drop In Sessions

Join us for an informal chat about anxiety, behaviour, SEND, neurodivergence, teenagers, or any parenting questions.

Face to Face

Find us at Family and Youth Hubs across East Sussex including:

Hastings and St Leonards
Rother
High Weald
Eastbourne and Hailsham
Lewes and Peacehaven

SCAN ME

https://familyhubs.eastsussex.gov.uk/activities

No need to book. See the website for more details and dates.

Online– Parent Support Appointments

Book a 30 minute slot with a Parent Support Practitioner

You can join from anywhere and can even share the link with other co-parents or family members.

Email us to receive the booking form.

October	Tues 6th | 6-8pm	Fri 16th | 10-12pm
November	Tues 10th | 1-3pm	Thurs 26th | 6-8pm
December	Wed 2nd | 12:30- 2:30pm	Wed 9th | 6-8pm

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