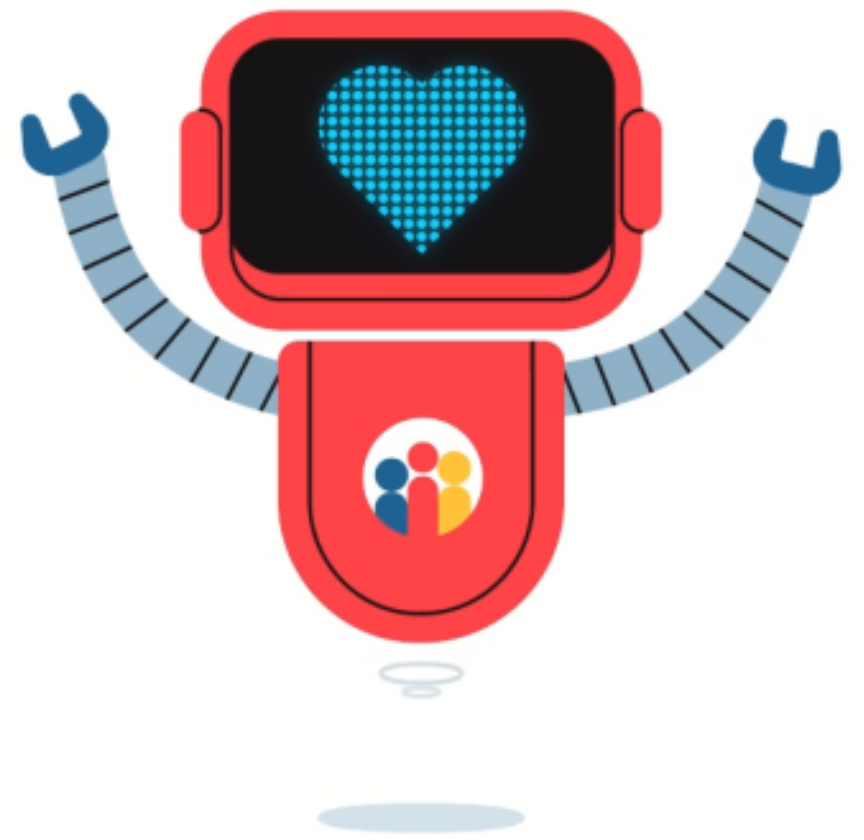


Free Parental Online Courses

Within your account you have free access to online courses that will support you as a parent or guardian.

The course content is provided by leading well-being experts & then created and provided by The Training Hub for free.

Some of our most popular courses are listed below.



A

ADHD

Anxiety

Autistic Spectrum Disorder

B

Bullying – How Parents Can Help

D

Dry January

H

How To Deal With Knife Wounds Parents And Carers

I

Internet Safety

K

Internet Safety

R

Reflective Practice And Listening Skills Part 1

Reflective Practice And Listening Skills Part 2

Rewards And Sanctions – Positive Behaviour Management Part 1

Rewards And Sanctions – Positive Behaviour Management Part 2

S

Setting Boundaries Part 1

Setting Boundaries Part 2

Setting Boundaries Part 3

Social Media And Apps

U

Understanding Depression And Suicide In Men

Understanding Depression And Suicide In Women

Understanding Depression And Suicide