# Online Family Hub

| | Mondays | Tuesdays | Wednesdays | Thursday | Fridays |
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| Mornings | **Antenatal Infant Feeding Workshops**<br>Delivered by Portsmouth Maternity Infant Feeding Team<br>To book, email **pho-tr.antenatalbreastfeedingworkshops@nhs.net** | **Non-violent Resistance**<br>Non-violent Resistance supports parents to manage challenging behaviour calmly and confidently while strengthening the relationship.<br>9.30am–12pm<br>Starts 24 September<br>Booking essential | **The Breastfeeding Network Support Group**<br>Find out more about breastfeeding, expressing or combi feeding in a friendly, supportive group.<br>Delivered via Zoom<br>To book, visit **portsmouthfamilyhubs.co.uk/online**<br>9.30am–10.30am | **NHS Talking Therapies Postnatal Group**<br>For birthing parents struggling with challenges such as low mood and anxiety. An opportunity to meet other parents and learn new skills to help you cope and feel better.<br>Delivered by NHS Talking Therapies Portsmouth, HIOW Healthcare NHS Trust<br>Delivered via Zoom (8 weeks)<br>For self-referral, visit **www.talkingtherapiesportsmouth.nhs.uk**<br>Referral or invite only | |
| Afternoons | | | | | |
| Evenings | | **Understanding your pregnancy – Twilight sessions**<br>A Solihull Approach Antenatal Group – for parents who are 20+ weeks pregnant.<br>Delivered by: Home-Start Portsmouth, HIOW Healthcare NHS Trust and Portsmouth Hospitals University NHS Trust<br>Book via Family Assist<br>6pm–8pm 6 weeks | **Understanding your pregnancy – Twilight sessions**<br>A Solihull Approach Antenatal Group – for parents who are 20+ weeks pregnant.<br>Delivered by: Home-Start Portsmouth, HIOW Healthcare NHS Trust and Portsmouth Hospitals University NHS Trust<br>Book via Family Assist<br>6pm–8pm 6 weeks | **Understanding your baby – Twilight session**<br>A Solihull approach postnatal group – for parents with babies up to 9 months old. Delivered by Home-Start Portsmouth and Solent NHS Trust.<br>Book via Family Assist<br>6pm–8pm 6 weeks | |

## Online courses for parents

### Solihull Approach Online Parenting Courses

Portsmouth City Council and HIOWH NHS Trust have partnered with the Solihull Approach to offer free access to expertly designed online courses for parents, carers, grandparents, and teens living in Portsmouth. The courses are available in over 100 languages. They include antenatal courses for expectant parents and courses for parents with children aged 0 to 19 covering a variety of subjects. You can find out more information at **www.portsmouthfamilyhubs.co.uk/parentingsupport**

### Triple P Online Parenting Course

An interactive web-based course. The course aims to promote positive parenting practices including, the use of positive attention and praise, strategies to avoid problems in high-risk situations and effective discipline for misbehaviour. Parents receive log on details and complete relevant self-assessment questionnaires. Suitable for families of children attending primary school. For more information, email **ParentingService@portsmouthcc.gov.uk**



### Apps

**Dadpad –** A free essential guide for new dads. Download the app on your device at **www.thedadpad.co.uk/app** or visit your local family hub for a printed version.

**Find out more and book at www.portsmouthfamilyhubs.co.uk**

Correct as of September 2026 – please see our website for the most up to date information