



Family **thrive** course 2024/2025

Face-to-face at Avalon Marshes Centre 9-11am

Weekly

Thursday 7th November - Thursday 12th December
Thursday 19th December - OPTIONAL SESSION 7

Weekly

Thursday 5th June 2025 – Thursday 10th July 2025
Thursday 17th July - OPTIONAL SESSION 7

Online Teams 4-6pm

Weekly

Tuesday 5th November - Tuesday 10th December
Tuesday 17th December - OPTIONAL SESSION 7

Weekly

Tuesday 3rd June 2025 - Tuesday 8th July 2025
Tuesday 15th July – OPTIONAL SESSION 7

Thrive is a trauma-informed approach to supporting social, emotional mental health and wellbeing.
The experiences of parents and carers are warmly welcomed and gently supported to manage what can sometimes be difficult content.

Contact lroberts@dovecoteschool.co.uk to sign up or for more details

Family Thrive Course overview

- Session 1 – Introduction to Thrive How our brains grow and the 3-part brain
- Session 2 – Early Brain Development Making connections, stress regulation, behaviours we see
- Session 3 – Key Strategies Thrive Key Ways of being, naming feelings and emotions
- Session 4 – Trigger times Everyday trigger and best times, Developmental parenting highway
- Session 5 – Developing Thinking skills Be a behaviour detective, Reviewing and planning, using stories
- Session 6 – Moving on Being grown up, Challenges and interruptions, using the everyday environment

- Optional Session 7 - ESSENCE in adolescence - an insight into the challenges and opportunities of parenting an adolescent



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