



Courses and Seminars for Royal Navy and Royal Marines Families

Sept – Dec 2026





Solid Foundations: Strengthening Families

For all Royal Navy and Royal Marines families in the UK and abroad

Does your child have ADHD or ADHD traits?
Are they aged between 3 and 11 years?

FREE online course:
Parenting Children with ADHD

On Tuesdays from
6th Oct to 1st Dec 2026
7-9 pm



On Zoom
Attend from anywhere!
8 weeks, term-time only

Learn about:

- ✓ Understanding ADHD
- ✓ Boosting self-esteem
- ✓ Meeting emotional needs
- ✓ Managing behaviour
- ✓ Tips for school and the wider family

Book a place by emailing info@sftrust.org.uk

ADHD parenting course

8 weekly sessions of 2 hours

Dates: Tuesdays 6th Oct – 1st Dec

Times: 7-9 pm

Age: Parents of primary school children



www.sftrust.org.uk

Parenting a child who struggles with big emotions and outbursts?

Has your child got ADHD or autism (diagnosed or suspected)?

FREE online course for parents

You're not alone. Join our supportive parenting course to learn practical strategies, share experiences with others who understand and build confidence in managing challenging behaviours at home.

Four weekly sessions on
Tuesdays, 7.30 – 9.00 pm
From 13th Oct to 10th Nov 2026

Book a place by emailing info@sftrust.org.uk

Funded by the Royal Navy
and Royal Marines Charity

BIG Emotions parenting course

4 weekly sessions of 1.5 hours

Dates: Mondays 13th Oct to 10th Nov

Times: 7.30 – 9.00 pm




FREE ONLINE SUPPORT FOR COUPLES

WHERE ONE OR BOTH PEOPLE ARE NEURODIVERGENT
(diagnosed or suspected)

A supportive course for couples who want to understand each other better, reduce conflict and build connection.

YOU'LL EXPLORE

- Understanding stress, burnout, and neurodivergence, and how this affects relationships
- Improving communication and resolving conflict
- Building trust and emotional connection
- Creating a stronger, more resilient relationship together

JOIN FROM HOME

You can join from the comfort and privacy of your own home.

FACILITATOR FOCUS MODE

You will attend anonymously. Only the facilitators can see and hear you.

NO PRESSURE TO SPEAK

You will not be asked to speak in the group or share anything aloud.

PRIVATE BREAKOUT ROOMS

Exercises are completed privately with your partner.



COURSE DATES

Mondays • 7.30–9.00 pm

12 October 2026
19 October 2026
2 November 2026
9 November 2026

PLUS 2 OPTIONAL SESSIONS
on topics of the group's choice



BOOK YOUR PLACE

by emailing info@sfrust.org.uk | www.sfrust.org.uk

Support for couples where one or both people are neurodivergent

4 weekly sessions of 1.5 hours

Dates: Mondays 12th Oct to 9th Nov

Times: 7.30 – 9.00 pm




PROUDLY FUNDING THIS PROGRAMME

FREE
FOR ROYAL NAVY & ROYAL MARINES FAMILIES

SUPPORTING NAVY FAMILIES

FREE CHILD-PARENT RELATIONSHIP (C-P-R) TRAINING

THERAPEUTIC PARENTING SUPPORT THAT MAKES A DIFFERENCE

PARENTING CAN BE DIFFICULT...

- Do you find yourself getting frustrated with your child more often than laughing with them?
- Do you find yourself saying the same things over and over—with no results?
- Do you want to strengthen your relationship with your child?
- Do you feel you have lost touch with your child and don't feel as close as you'd like?
- Do you feel like you have lost control of your role as a parent?

If you answered YES to any of these questions, C-P-R Training can help.

IN JUST 10 WEEKS, YOU WILL LEARN HOW TO:

- Understand your child's emotional needs
- Develop your child's self-control and self-esteem
- Set effective limits on inappropriate behaviour
- Communicate more effectively with your child
- Feel more in control as a parent

PARENTS OFTEN REPORT IMPROVEMENTS IN:

- Child's behaviour problems
- Stress in the child-parent relationship
- Parent-child communication
- Confidence in parenting skills
- Stronger emotional connection

Give your child what they need most:
the best version of YOU.

C-P-R Training is a FREE 10-session therapeutic parenting skills group for parents of children aged 3–12 years.

Snacks provided

WHEN
TUESDAYS

TIME
9:30AM – 11:30AM

DATES
6 OCTOBER – 15 DECEMBER 2026

VENUE
TO BE CONFIRMED

SIGN UP NOW!
Spaces are limited

Watch the video to find out more!
Video link coming soon

For more information or to register:
info@sfrust.org.uk

Child-Parent Relationship Training

10 weekly sessions of 2 hours

Dates: Tuesdays 6th Oct to 15th Dec

Times: 9.30 – 11.30 am

Venue: Hampshire venue TBC



FREE ONLINE

SEMINAR

Understanding Demand Avoidance in Neurodivergent Children (diagnosed or suspected)

Does your child seem to argue about everything, refuse everyday requests, become distressed when asked to do something, or react in ways which seem completely out of proportion? This seminar will help you understand what may be driving these behaviours and how to respond in ways that help.

Thursday 24th September 2026

7.30-9.00 pm

Book a place by emailing info@sftrust.org.uk

Part of the Strengthening Families programme for all Royal Navy and Royal Marines families in the UK and abroad



FREE ONLINE

SEMINAR

An Introduction to Parenting Children with ADHD

Insights and strategies for families of children who have or might have ADHD

Thursday 1st October 2026

7.30-9.00 pm

Book a place by emailing info@sftrust.org.uk

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FREE ONLINE

SEMINAR

An Introduction to Parenting Children with Autism

Insights and strategies for families of children who have or might have Autism

Thursday 15th October 2026

7.30-9.00 pm

Book a place by emailing info@sftrust.org.uk

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FREE ONLINE

SEMINAR

Parenting During the Deployment Cycle

Strategies and tips for parents

Thursday 22nd October 2026

7.30-9.00 pm

Book a place by emailing info@sftrust.org.uk

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FREE ONLINE

SEMINAR

Masking and Burnout

This seminar looks at why masking occurs, how it impacts children's well-being and the factors that contribute to burnout. Learn practical strategies to recognise the signs and support children more effectively.

Thursday 19th November 2026

7.30-9.00 pm

Book a place by emailing info@sftrust.org.uk

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FREE ONLINE

SEMINAR

Emotionally Based School Avoidance

Join us for an informative session exploring why school avoidance arises and learn some tips to help

Thursday 3rd December 2026

7.30-9.00 pm

Book a place by emailing info@sftrust.org.uk

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Solid Foundations: Strengthening Families

For all Royal Navy and Royal Marines families in the UK and abroad

ROYAL NAVY AND ROYAL MARINES COUPLES

Would you like some help with communication and managing conflict?



Six free sessions of support

- ✓ Strength and growth areas
- ✓ Relationship dynamics
- ✓ Communication
- ✓ Managing conflict
- ✓ Family of origin and personality

On Zoom

Attend from anywhere at times and dates that suit you (in working hours)



Book a place by emailing info@sftrust.org.uk

To book a place, or for further information, email info@sftrust.org.uk