Upcoming courses and events for parents and families

theChat.scot and Speakeasy Webinar

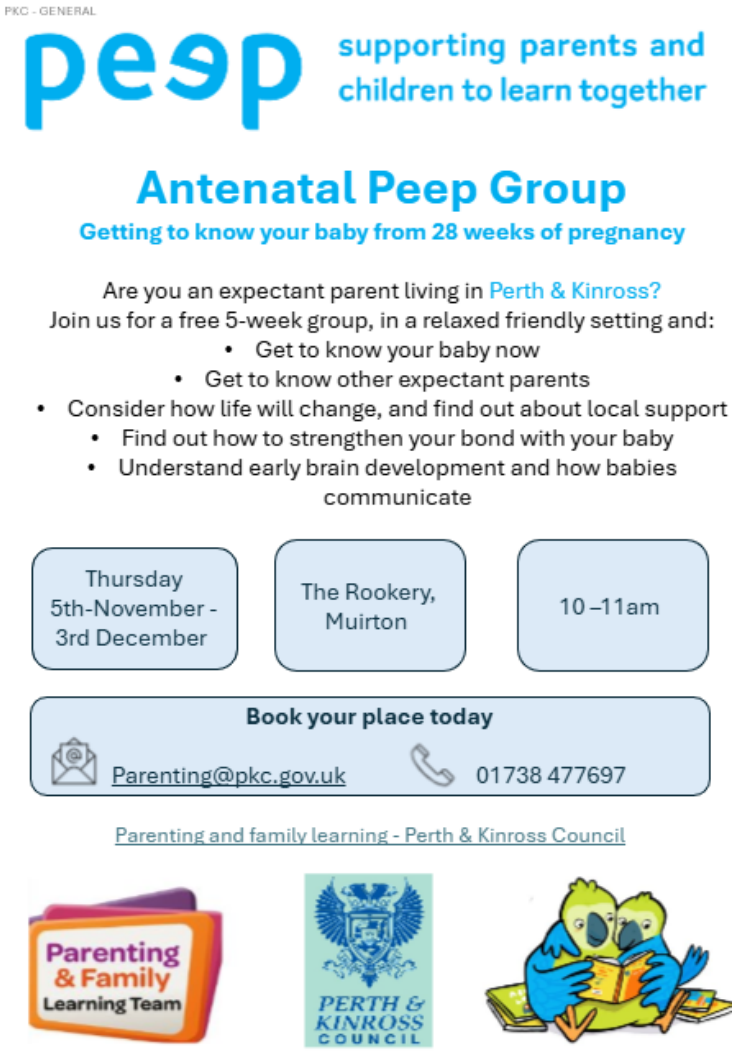
Parents, carers and professionals who support families are invited to join a free bitesize webinar showcasing **theChat.scot** resources and the **NHS Tayside Speakeasy Programme**.

Hosted by Linzi McKerrecher, the webinar will explore how to have informed, age-appropriate conversations with children and young people about growing up, relationships and sexual health, while providing an overview of the support available through the Speakeasy programme for parents and carers.

Sessions are available online via Microsoft Teams, with both lunchtime and evening options.

Booking information

Antenatal Peep Group for Expectant Parents



Expectant parents living in Perth and Kinross are invited to join the **Antenatal Peep Group**, a free five-week programme designed to help families prepare for their new arrival. Taking place from **5 November to 3 December** at **The Rookery, Murton**, the sessions provide an opportunity to learn about baby development, strengthen parent-child bonding, meet other expectant parents and explore local support available during pregnancy and early parenthood.

The weekly sessions run from **10am to 11am**. To book a place, contact the Parenting and Family Learning Team by emailing Parenting@pkc.gov.uk or calling 01738 477697.

Email to book

Incredible Years

The Incredible Years is a parenting programme for parents and carers of children aged **3 to 6 years old**. It aims to help families:

- Support children's language, learning, emotional and social development.
- Build strong, positive relationships between parents and children.
- Encourage independence, positive routines and good behaviour.
- Manage challenging behaviours such as tantrums, defiance and aggression.

Upcoming courses:

- **Loch Leven Campus:** Thursdays, 3 September to 4 February, 9.30am to 11.30am
- **Strathearn Community Campus:** Thursdays, 29 October to 18 March, 9.30am to 11.30am
- **Tulloch Primary School:** Wednesdays, 4 November to 24 March, 9.30am to 11.30am
- **Online group:** Wednesdays, 4 November to 24 March, 6pm to 8pm

To book a place or find out more:

- Email: Parenting@pkc.gov.uk
- Telephone: **01738 477697**

The programme is delivered by Perth and Kinross Council's **Parenting & Family Learning Team** and is designed to help parents develop practical skills and confidence in supporting their child's development and behaviour.

Book now

Fear-less Triple P

Parents and carers of children aged 6 to 14 years who experience anxiety are being offered the opportunity to take part in **Fear-Less Triple P**, a seven-week programme designed to help families better understand and manage anxiety. The course provides practical strategies to build children's confidence and emotional resilience, while supporting parents to develop effective ways of responding to anxious behaviours. By working with the whole family, the programme aims to reduce anxiety and help children feel more confident in everyday situations. Each weekly session lasts two hours and includes practical exercises and tools that families can use at home.

Fear-Less Triple P

Fear-Less Triple P is a parenting programme for parents of children and young people aged 6-14 years old. The programme aims to help parents support their children with anxiety.

Fear-Less Triple P can help you

- Encourage your child's coping skills
- Help your child manage their anxiety
- Teach your child problem solving skills
- Become more confident as a parent

This comprehensive program is delivered over 7weeks.

Mondays from 2 November to14 December	North Inch Community Campus	10.00am to 12.00pm

BOOK YOUR PLACE TODAY!

Parenting@pkc.gov.uk 01738 477697

Parenting and family learning - Perth & Kinross Council

Parenting & Family Learning Team

PERTH & KINROSS COUNCIL

Enabling children and young people achieve full potential

Fear-Less Triple P

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Fear-Less Triple P can help you

- Encourage your child's coping skills
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- Teach your child problem solving skills
- Become more confident as a parent

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Thursdays from 5 November to 17 December	Microsoft Teams	5.30pm to 7.30pm

BOOK YOUR PLACE TODAY!

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Parenting and family learning - Perth & Kinross Council

Email to book

Free Family Sessions Available During the October Holidays

Education and Learning

October 2026 Holiday Offer

Pre-bookable free family sessions!

Parents/Carers must participate in sessions

Closing date for applications Monday 28 September

Date	Time	Venue	Session Theme
Monday 12 October	10am – 12pm	Perth Grammar School	Sports and crafts
Tuesday 13 October	10am – 12pm	Larghan Park, Coupar Angus	Den building and treasure hunt
Tuesday 13 October	10am – 12pm	RDM school	Eat Well Play Well taster session
Wednesday 14 October	10am – 12pm	Kinross Primary School nature garden	Den building and fire pit
Thursday 15 October	10am – 12pm	Davie Park Stadium, Rattray	Sports and activities
Friday 16 October	10.30am – 12pm	Loch Leven Community Library	Bookbug and crafts
Monday 19 October	10am – 12pm	Breadalbane Community Campus	Craft session
Monday 19 October	10am – 12pm	Letham Primary School	Activity session
Tuesday 20 October	10am – 12pm	Alyth Community Wing	Activity crafts and games
Wednesday 21 October	10am – 12pm	Glenearn community campus	Crafts and outdoor activities
Thursday 22 October	10am – 12pm	North Inch park	Den building session
Thursday 22 October	1.30pm – 3.30pm	North Inch park	Den building session

If you require more information about any of the activities in the table above, please email Parenting@pkc.gov.uk

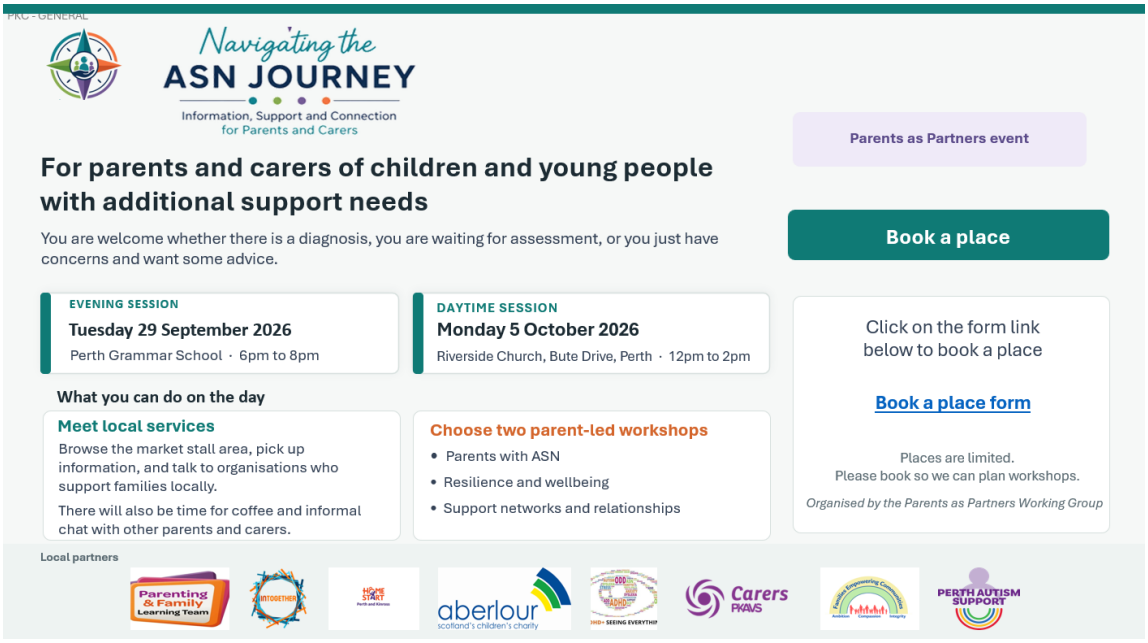
A Perth and Kinross where everyone can live life well, free from poverty and inequality

Families across Perth and Kinross can take part in a range of **free, pre-bookable activities** during the October school holidays. Organised by Perth & Kinross Council's Education and Learning Service, the programme includes sports, crafts, outdoor learning, den building, treasure hunts, Bookbug sessions and family activity events taking place at venues across Perth and Kinross from **12 to 22 October 2026**.

Parents and carers are required to attend with their children, and places must be booked in advance. Applications close on **Monday 28 September**. For more information, contact Parenting@pkc.gov.uk.

Book now

Parents as Partners Event for Families of Children with Additional Support Needs



Parents and carers of children and young people with additional support needs are invited to attend a **Parents as Partners** event this autumn. The sessions provide an opportunity to meet local support services, access information and advice, connect with other families, and take part in parent-led workshops covering topics such as resilience and wellbeing, support networks and relationships, and the experiences of parents of children with ASN. Events will take place at **Perth Grammar School on 29 September** and **Riverside Church, Perth on 5 October**. Places are limited and advance booking is required

Book now

Struggling with the cost of living?