



**Primary Family Support Group**  
**Empowering parents to**  
**build healthy relationships**  
**with their children**

**When:** Wednesdays at 1pm-2pm/2.15pm

**Venue:** Limes College, Sutton West Site, Robin Hood Lane, Sutton, SM1 2SD

**Entrance:** The entrance is via the blue gates - down the drive and on the left (opposite the Family Centre and adjacent to the ball court)

The gate is locked so a member of staff will meet you at the gate at 12.50pm/12.55pm to let you in

**Dates:**

**24/04/24:** Introductions, ground rules, parenting styles

**01/05/24:** Parent's mental health and well-being

**08/05/24:** Promoting positivity in children

**15/05/24:** Attachment

**22/05/24:** Rules/boundaries, sanctions/rewards, bedtimes etc.

**29/05/24 – No Group, Half Term**

**05/06/24:** Online Safety

**12/06/24:** Supporting children's mental health, anxiety, self-esteem /Zones of regulation

**19/06/24:** Review ending, what next, evaluation

**26/06/24:** Optional additional session

**All welcome**

*Whilst we know that some parents may not be able to attend every session, we do encourage parents to attend as many sessions as possible. As the group develops with each session, trust and relationships will build and parents will hopefully feel more supported by each other and grow in confidence.*

**Once you have signed up to the group, we ask that parents contact Elaine or Nibby if for some reason you are unable to attend that week**

We would like to extend this invite to all parents of a primary aged child in the London Borough of Sutton. We hope to offer parents a safe space to meet other parents in a similar situation to learn more about different topics and explore new ideas that will support your child's social emotional growth and development.

Parents will:

*Feel more empowered and confident to trust their own judgements when supporting their children*

*Build self-esteem and confidence*

*Share ideas and tips with each other*

For more information and to register your interest and to discuss any queries please call or email either: Nibby, Jackie or Elaine

Nibby: 07984 757878  
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