



Primary Family Support Group

Empowering parents to build healthy relationships with their children

When: Wednesdays at 12.30 -1.45pm

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

Entrance: Via Blue Gates (adjacent to the playground and opposite the Family Centre)

Dates:

15/01/25: Introductions, parenting styles, attachment

22/01/25: Parental mental health and well-being

29/01/25: Promoting positivity in children

05/02/25: Rules and boundary setting

12/02/25: E Safety

19/02/25: NO GROUP/HALF TERM

26/02/25: Children's mental health, well-being and self-esteem

05/03/25: Connecting, playing with your children – having fun!

12/03/25: Pulling it all together, evaluation and reflection

19/03/25: Optional additional session on welfare benefits and local resources

All welcome!

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.

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 Jodie or Nibby if for some reason you are unable to attend that week

Parents will:
Feel more empowered
and confident to
trust their own
judgements when
supporting their
children

FOR MORE
INFORMATION AND TO
REGISTER YOUR
INTEREST AND TO
DISCUSS ANY QUERIES
PLEASE CALL OR EMAIL
EITHER: NIBBY, JODIE OR
JACKIE

Nibby: 07984 757 878
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