



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES



The London Borough of Sutton's Parenting Service are pleased to announce that the 'Being A Parent' - Parenting support programme is coming to your child's school soon!



Topics covered within the sessions:

- *Taking care of ourselves.*
- *Expressing feelings.*
- *Understanding children's needs.*
- *Time out and saying no.*
- *Communication styles.*
- *Coping with stress and anger.*
- *Plus many more....*

The Being a Parent Programme is an 8 week parenting programme.

This course helps parents to build on their existing knowledge, to learn positive parenting skills and strategies.

It reduces parental isolation and empowers parents/carers in their important role of raising children and young people.

Venue: Tweeddale Primary School.

Dates: Every Tuesday starting the 28th January till the 25th March 2025.

To register your interest and to secure your place please scan the QR code below!



Alternatively please contact Clare Kennedy on: 07873 702 777 or email: parenting@sutton.gov.uk

