



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....*

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

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.

Time 9am till 11.30am

