



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: The group will take place at the top of the site, in the Youth Centre on the main road (Robin Hood Lane) via a green gate and a purple door

Dates:

30/04/25: Introductions, parenting styles, attachment

07/05/25: Parental mental health and well-being

14/05/25: Promoting positivity in children

21/05/25: Rules and boundary setting

28/05/2025 : No Group/HALF TERM

04/06/25: E Safety

11/06/25: Children's mental health, well- being and self-esteem

18/06/25: Connecting, playing with your children – having fun!

25/06/25: Pulling it all together, evaluation and reflection

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 EMAIL EITHER: NIBBY, JODIE OR JACKIE

Nibby:
nibby.withers@cognus.org.uk

Jodie Desai:
jdesai@thelimescollege.org

Jackie:
jlawrence@thelimescollege.org