



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

Time: 12.45 – 2pm

**Venue: Sutton Youth Centre, Robin Hood Lane, Sutton,
SM1 2SB (press the white bell)**

Dates:

17/01/23: Introductions, ground rules, parenting styles

24/01/23: Parent's mental health and wellbeing

31/01/23: Contextual Safeguarding

07/02/23: Promoting positivity in children

21/02/23: Rules, boundaries sanctions rewards, bedtimes, conflict

28/02/23: Online Safety

07/03/23: Supporting children's mental health, anxiety, self-
esteem /Zones of regulation

14/03/23: Review ending, what next evaluation

All welcome

Whilst we know that some parents will 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 Georgia 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 discuss any queries please call or email either: Nibby Jackie or Georgia

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