

TALKING FAMILIES



Thursdays 8.00-9.30pm Online Course: ID 623
1st, 8th, 15th, 29th February & 7th, 14th March 2024

Thursdays 9.30-11.30am Course: ID 622
8th, 15th, 29th February & 7th, 14th 21st March 2024
Waterside Family Centre, Rowans, WGC. AL7 1NZ

6, weekly sessions for parents and carers of children aged 0-12 sharing tips on how to:

- **Manage challenging behaviour with consistency**
- **Encourage positive behaviour**
- **Build your child's self esteem**
- **Set and maintain boundaries**
- **Respond to tantrums and difficult feelings in children**
- **Develop a strong parent/child relationship now and for the future**

Our online support sessions are delivered weekly via Zoom.

Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.

'Every parent should do this course! It has taught me so much about how to deal with family life.'

Booking essential

Please quote the course ID
To check eligibility and book a place, contact Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk