



## Family Links Nurturing Programme

Starting Wednesday 22<sup>nd</sup> June 2016

'Family Links' is a 10 week Parenting Programme offering parents the chance to come together to share experiences. Topics include:

- ☺ Programme of 10 x 2 hour sessions with tea/ coffee break.
- ☺ You will need to attend all 10 sessions in the Programme as they fit together like a puzzle.
- ☺ About 15 parents are invited and there are two group leaders.
- ☺ Partners are welcome and it is fine to come on your own. Crèche will be provided if needed.
- ☺ There is no cost for the Programme we just require a commitment for the duration of the Programme.

### What does it cover?

Over the 10 – week Programme you will look at lots of different topics including:

- ☺ Understanding why children behave as they do
- ☺ Recognising the feelings behind the behaviour (Ours and theirs)
- ☺ Exploring different approaches to discipline
- ☺ Finding ways to develop co-operation and self - discipline in children

We understand that parenting can be challenging and our aim is to support, understand and look at parenting together while providing you with an opportunity to come together to share your experiences and learn.

Sessions will be held:

**Venue:** Westminster CE Primary School  
**Time:** Wednesday: - 9.00am – 11.00am  
**From:** 22<sup>nd</sup> June 2016

For Further Information call [Mumtaz Elahi](#) or [Natasha Mahmood](#) on **01274 648490** if you are interested.

