

Specialist Parenting Programme

Are you a parent or carer of a primary school-aged child seeking support in managing challenging behaviors?

Our dedicated group offers a welcoming and supportive environment for you. Connect with other families facing similar difficulties, share experiences, and reflect on various parenting styles. Together, we aim to create a positive space for learning and growth as we navigate the complexities of parenting. We look forward to welcoming you.

What to expect:

- 11 in person sessions of 2.5 hours.
- Mixture of presentations, videoclips and reflective discussions
- Review session following the end of the group.

Programme Highlights:

- Draws on evidence-based parenting programmes and strategies.
- Encourages parents/carers to explore their own parenting approaches
- Utilises collaborative problem solving to unpack common challenges