

Parenting Courses

Information for parents - What's available through your local Family Centre

If you feel you might need a little bit of extra parenting support, we can offer the following parenting courses over a variety of dates and times:

Families Feeling Safe – this is a 9 week course to help you to recognise and build on your own strengths in communicating with others; understanding and managing your children's behaviour; expressing feelings and making safe choices.

Family Toolkit - if you have children aged between 2 and 5 years old, this 4 week course will help you to understand the connection between feelings and behaviour, different elements of parenting and lots more.

Parenting Puzzle - for parents/carers with children aged 3 to 11 years. This course will enable you to understand how emotions can influence actions and offers practical ways of guiding children so that they learn to manage their feelings and control their own behaviour.

You can speak to a member of our team on **0300 123 7572** to find out if one of these courses would be helpful for you and your family. Take a look at our timetables on the What's On pages for the latest dates.

Visit the [Family Centre website](#) to find out more.