



Keeping the Child in Mind

Self Awareness; The role of parents/carers for children and young people

Boundaries, positive discipline and parenting styles

Empathy, choosing how to respond and putting techniques into practice

This 4 week programme is aimed at those parenting children of any age and supports working together for a calmer family life.

Scan the QR code to find out more about our workshops and how they can fit around your busy life.

