

FREE!



Parenting Course

From 14th September to 19th October 2023

This programme will support parents at their level of need and provide the tools and strategies that can be used to improve parenting capacity in a safe and welcoming environment.

WEEK: 1 Thursday 14/09/2023	⇒ Positive Parenting,
WEEK: 2 Thursday 21/09/2023	⇒ Why Children behave the way they do,
WEEK: 3 Thursday 28/09/2023	⇒ Helping children develop,
WEEK 4: Thursday 05/10/2023	⇒ Developing good relationships,
WEEK: 5 Thursday 12/10/2023	⇒ Encouraging good behaviour,
WEEK: 6 Thursday 19/10/2023	⇒ Developing parenting routines and plans,
	⇒ Accessing further educational and earning opportunities.

For more information & registration contact,
[Lisa: 0203 2607715](tel:02032607715) / lisa@hercentre.org

Please note that these Sessions are only for **WOMEN** who live, study or work in Greenwich Borough

At: YMCA, Woolwich Dockyard
SE18 5QG
10am to 12pm



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