## Solihull Parenting

## Workshop

Parenting is tough. Remember you are not alone.

Barnardo's are offering 6 workshops around parenting support, to include finding effective strategies in promoting emotional well-being.

## Session dates:

- 18<sup>th</sup> April 9:30-11:30am
- 25<sup>th</sup> April 9:30-11:30am
- 2<sup>nd</sup> May 9:30-11:30am
- 9<sup>th</sup> May 9:30-11:30am
- 16<sup>th</sup> May 9:30-11:30am
- 23<sup>rd</sup> May 9:30-11:30am

All sessions will be held at Steam Mills School, Cinderford, GL14 3JD

For further information, please contact your school's Family support worker/ Pastoral Team for further information.



