

On-Line Parenting Course for Separated Parents

This course is recommended for parents who have separated or newly separated and would like to co-parent.

Both parents are not required to attend.

In a safe, non-judgemental arena this 6 week programme uses a parent focussed- child centred approach. Children need two loving parents, consistent, positive discipline and clear communication. You will be able to develop your skills to bring up confident, happy and co-operative children.

Topics include:

Understanding and acknowledging your needs and those of your children : Building self-esteem in your children and yourself : Understanding children's behaviour : Why a consistent approach works best : Listening skills : Effective communication : Dealing with feelings, yours and your children's; and promoting positive discipline.

Starting: Thursday 11th November 2021
Finishes: Thursday 16th December 2021 (6 sessions)
Time: 7.00-9.00pm
Venue: On-line
Cost: £60.00/£30 Concessions (with proof)
Per parent living in London

Call us on **020 8863 7319/07498881496** to register

Or email info@hopeharrow.org.uk

www.hopeharrow.org.uk

HOPE

Helping Families to Live and Learn Together

Charity Registration Number: 1091703

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