



## Parent Support Group

**Kids driving you nuts? Feel like your children are the only ones who don't behave? Want to talk to other parents who feel the same?**

The New Horizons Parent Support Group offers an opportunity for parents and carers to share experiences and ideas in a safe and comfortable environment. This is not a programme that teaches parents how to parent, but a support group that offers help and advice through fun interaction and discussion.

The Parent Support Group is a 5 week programme held at Bexleyheath Library on Monday and Wednesday. Topics are relevant for toddlers to teenagers so parents of children of all ages are welcome to join.

Managing your child's emotions, Building confidence and motivation, Good habits for behaviour, How to cope when things go wrong, Using rules and rewards, Resolving conflict, Reducing parental stress,

Our next Parent Support Group will take place from Monday 11<sup>th</sup> November to Wednesday 12<sup>th</sup> December 2019. Sessions are 10am to 12pm at Bexleyheath Library. Refreshments will be available.

For more information or to reserve a place on the programme, please contact **Paola Sim or Wendy Brasnell on 0208 312 2746 ext.213 or 204**

Our facilitators have completed the Parent Practice Training for Trainers programme and are certified Parent Practice educators.