

# Being a parent

A new eight week course starting later this term for parents and carers of primary school aged children. The course will help parents learn practical communication skills for everyday life and bring up confident, happy and co-operative children. This is a peer led course, being delivered by trained and supervised volunteer parent group leaders.

Sessions will include:

- understanding children's behaviour
- play
- feelings
- listening and discipline strategies

Join us for a coffee morning, where there will be an opportunity to meet the facilitators and find out more about the course.

**Friday 16 September 2022**

**9.30am to 11.30am**

**Kingston Town Children's Centre, Villiers Rd, KT1 3AR**

Please contact Karen Williams to express your interest:

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