

# Positive Parenting Courses



We know that being a parent can be both rewarding and challenging. Care for the Family courses are here to support you and to help you build a strong and secure relationship with your child, whatever their age.

They include group discussions and practical tasks to help you build on your strengths and give you time and space to think about any changes you want to make. A helpful, easy to read handbook is included with each course.

Our courses are run in community venues and are usually made up of six 2-hour sessions, each led by trained and experienced facilitators. The courses available are as follows.

## The Early Years



## The Primary Years



## The Teenage Years



## Special Needs



## How to Drug Proof Your Kids



The courses have a common sense and user-friendly approach while also being based on relevant research and written in consultation with experts. If you would like to attend a course please fill in the slip below and return it to the school.



I am interested in a parenting course. .Please indicate your preference(s) from the list below.

The Early Years       The Primary Years       The Teenage Years   
Special Needs       How to Drug Proof Your Kids

Name \_\_\_\_\_ . Contact Telephone Number. \_\_\_\_\_