

REN10

— BEING A PARENT GROUPS



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES



- » Are you a parent or carer of a child aged between 2 and 11 years?
- » Would you like practical support for the day to day challenges of being a parent?
- » Would you like ideas on how to support your children?
- » Would you like to become a more confident parent?

The groups will run for 2 hours per week over 8 weeks. Some of the topics covered include:

- » Play
- » Feelings
- » Being a Parent
- » Understanding your child's feelings & behaviour

There will also be a coffee morning session where you can meet the other parents and the Group Leaders and ask any questions you might have.

Join one of our free groups run by fully trained local parents.

You'll be able to share ideas with other parents and learn different strategies to help you as a parent.

STARTING IN
LINWOOD
7th September 2022
10.00–12.00

STARTING IN
JOHNSTONE
9th September 2022
10.00–12.00

Courses will also be starting in other areas in the Autumn. Childcare can be provided.

If you're interested in coming along to a group or would like more information, contact ren10@renfrewshire.gov.uk or visit www.ren10.co.uk

