

**FREE Support for all Parents/Carers in Solihull**

We continue to provide **ALL** parents, carers and grandparents with parenting support, information, groups and signposting.

Please contact the parenting team via email to [bsmhft.parenting@nhs.net](mailto:bsmhft.parenting@nhs.net) or by phone on 0121 301 2773

Further information and updates will be posted on the **Solihull Parenting Team** Facebook page, please do like & follow us.



**Solihull Approach Online Parenting Courses**

Can be accessed at anytime

**How to access:**

- Go to [www.inourplace.co.uk](http://www.inourplace.co.uk)
- Create an account using an email address & password
- Scroll down to choose a course
- Click on 'Already got a discount coupon?'
- Select the relevant course & insert the access code: APPLEJACKS
  - Understanding Your Child • Understanding Your Teenager's Brain •
  - Understanding your child with additional needs •
  - Understanding Your Baby • Understanding Your Pregnancy •
- Click 'Apply coupon'

The **'BEING A PARENT'** parenting groups are led by trained parent volunteers and aim to help you to understand your child better, manage challenging behaviour, improving communication and building a supportive relationship.

A supportive group where parents & carers of children aged 0-18 years can meet in a familiar & friendly environment without their children, the sessions run for either 90 minutes via Microsoft Teams, or 2 hours when face to face.

The groups take place on a rolling basis each academic term, running weekly for 8 weeks, giving parents the opportunity to support one another and share knowledge & experiences with the help of tried and tested resources from the **'Empowering Parents, Empowering Communities'** programme.

**To book your place, or to register your interest for a future group, please contact the parenting team via email to [bsmhft.parenting@nhs.net](mailto:bsmhft.parenting@nhs.net) Or by phone on 0121 301 2773**

