Solihull Parenting Team

Solihull Metropolitan Borough Council

Support for all Parents in Solihull

BEING A PARENT GROUPS

New 'Being a Parent' groups will be starting in September and will be delivered virtually:

Tuesday 21st Sept	10am - 11.30am	0-8 years
Tuesday 21st Sept	6pm - 7.30pm	9 years plus
Wednesday 22nd Sept	6pm - 7.30pm	0-8 years
Thursday 23rd Sept	1pm - 2.30pm	9 years plus

> Re-assuring to know other parents have worries & concerns and it's not just me

> I thought I might be judged, how wrong I was - it was relaxed, open and non-judgemental



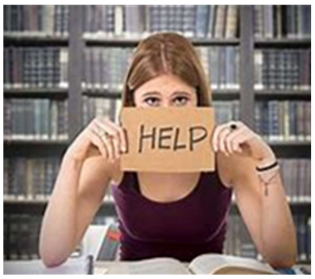
The 'BEING A PARENT'
Groups are led by trained parent volunteers, and aim to help you to manage challenging behaviour, improve communication, build and understand your relationship with your child.

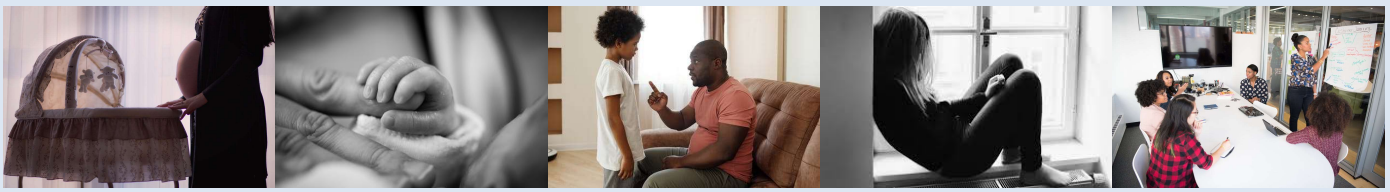
A supportive group where parents & carers of children aged 0-18 years can meet in a relaxed & friendly environment without their children, the sessions will run for 90 minutes via Microsoft Teams.

The groups run 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.

> Click on the link to find out what parents think of the groups: Being a Parent summary

Book your place now, or find out more by contacting the Solihull Parenting Team at:
bsmhft.parenting@nhs.net
0121 301 2773
or by finding us on Facebook – Solihull Parenting Team





ANTENATAL * POSTNATAL * UNDERSTANDING YOUR CHILD * BEING A PARENT * UNDERSTANDING MENTAL HEALTH