

Support for all parents & carers in Solihull

BEING A PARENT GROUPS

New 'Being a Parent' groups will be starting in soon, delivered virtually via Microsoft Teams. Commencing with a welcome session, the group will then run weekly for a further 8 sessions:

Tuesday	10am - 11.30am	0-9 years	25/1/22 – 29/3/22
Tuesday	6pm - 7.30pm	9 years plus	25/1/22 – 29/3/22
Wednesday	6pm - 7.30pm	0-9 years	26/1/22 – 30/3/22
Thursday	10am – 11.30am	9 years plus	27/1/22 – 31/3/22

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 weekly sessions give parents the opportunity to support one another, as well as 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 or by finding us on Facebook – Solihull Parenting Team

