

SOLIHULL PARENTING TEAM

WHATS ON OFFER

Despite the continuing restrictions due to the pandemic, we are still here to support Solihull families.

Face-to-face groups and workshops are **not** taking place, although virtual alternatives will continue with groups starting at the end of January

We will also continue to offer regular tweets via the school nurse twitter feed @SolSchNurses

One to one telephone consultations with supportive advice, resources and links

FREE online 'Solihull Approach' Parenting Courses

Updates will continue to be posted via the **Solihull Parenting Team** Facebook page - please do follow us and



VIRTUAL GROUPS

The 'Being a Parent' group is a supportive on-line virtual group, accessed via Microsoft TEAMS for parents & carers of children aged 0-11 years.

The sessions are 1½ hours a week for 9 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.

There will be 2 groups starting at the end of January – one in a morning from 10am – 11.30am, and one in an evening from 5.30pm – 7pm.

Contact us via email to book your place.

To book your place, or for more information, please contact the parenting team via email to bsmhft.parenting@nhs.net by phone on 0121 301 2773 or by finding us on Facebook – Solihull Parenting Team