

Online parenting support courses  
**June and July 2022**

**FREE**



**FREE** online courses for parents and carers, who are looking for some parenting ideas and strategies to support their children and teenagers.

Scan the QR code or click on the link for more information and to enrol

➤ **Understanding Children's Behaviour**

Thursday 23<sup>rd</sup> June-14<sup>th</sup> July 1pm-2.30pm enrol [here](#)



➤ **Help your Teenager Manage Anxiety**

Wednesday 22<sup>nd</sup> June- 6<sup>th</sup> July 1pm-2.30pm enrol [here](#)



➤ **Help your Child Manage Anxiety**

Thursday 14<sup>th</sup> June- 7<sup>th</sup> July 7.30pm-9pm enrol [here](#)



➤ **Explore Behaviour Strategies- 2 courses available**

1. Thursday 30<sup>th</sup> June & 7<sup>th</sup> July 10-11.30am enrol [here](#)

2. Thursday 14<sup>th</sup> July & 21<sup>st</sup> July 7.30pm-9pm



New one off workshops also available [here](#) including Saturdays and evenings. Choose from 'Building Children's Resilience', 'Developing Children's Self- Esteem', 'Encouraging Early Reading Strategies', and 'Help your child Manage Anxiety'.