



### Why would you use this service?

You might find this service useful if you can identify with any of these statements.

“I have got lots of questions about being a parent.”

“I am not sure what support is out there.”

“My child’s behaviour is becoming really difficult to manage.”

“I want to become more involved in school life.”

“I want to meet new friends.”

“I want to learn new skills.”

“To access the parent’s lending library.”



Our parenting classes can offer you information and strategies on:

- Empathy
- Giving effective praise
- Choices and consequences
- Making family rules
- Time out... to calm down
- Active ignoring
- Negotiating
- Problem solving

### Parent comments

“Our family life has improved since joining the group.”

“I saw my children as a unit, now I see them as individuals.”

“I made new friends and have a new support network.”