

# Being A Parent



These fantastic free sessions are run by friendly local parents. They provide practical tips and advice on how to bring up confident happy and co-operative children.  
**The group lasts for 9 weeks and free childcare is available.**

Time	Venue	Starting	Ending
10.00am – 12.00pm	The HealthWorks 1 Clifton Street, FY1 1JD	Tuesday 25 <sup>th</sup> April	Tuesday 4 <sup>th</sup> July
6.00pm – 8.00pm	Online using Google Meet	Tuesday 25 <sup>th</sup> April	Tuesday 4 <sup>th</sup> July

## Topics covered include:

- Communicating with your child
- Understanding their behaviour
- Discipline strategies
- Listening skills
- Coping with stress

“The course wasn’t what I expected at all. It’s shown me that I’m not alone and given me the confidence boost I needed. I’ve learned there’s no such thing as a perfect parent and my relationship with my son has grown so much stronger.”

For more information or to book, contact Blackpool Learning Rooms on **07796 994783** or email [learning.rooms@blackpool.gov.uk](mailto:learning.rooms@blackpool.gov.uk)