

On-line Course

Positive Parenting

Workshops

7 individual workshops for all parents of children aged 3-11

Workshops times - 7.00-9.00pm via Zoom

1. Tues 21st May 2024 Positive parenting- 'Why do our children do what they do?
2. Tues 4th June 2024- How to gain cooperation through positive communication
3. Tues 11th June 2024 - Increasing desirable behaviours
4. Tuesday 18th June 2024 - Building resilience & Self-esteem
5. Tues 25th June - Positive parenting strategies
6. Tues 2nd July 2024 - Setting rules, defining boundaries & effective consequences
7. Monday 8th July 2024 - Supporting challenging behaviour

HOPE

Helping Families to Live and Learn Together

These individual workshops are designed to empower you as parents and caregivers, offering practical strategies to enhance your existing parenting toolkit. Our goal is to assist you in nurturing confident, happy and cooperative children, thereby making the journey of parenting a touch easier. Each workshop is self-contained, allowing you the flexibility to attend as many as you find beneficial.



Fee £5.00 per parent per workshop
To enquire email info@hopeharrow.org.uk
To enrol please visit www.learnharrow.ac.uk



0208 863 7319 or 07498881496



info@hopeharrow.org.uk

[http://](http://www.hopeharrow.org.uk)

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Charity Registration Number: 1091703



On-line Course

Parenting Course for Separated Parents

This course is recommended for parents who have separated and would like to co-parent
Both parents are not required to attend.

Start Date: Wednesday 5th June 2024

Finish Date: Wednesday 10th July 2024

6 Sessions

Time: 7.00 - 9.00pm

Venue: On-line via ZOOM

Cost: £78.00/£30.00 concession (with proof)

Price is per parent/carer living in London



HOPE

Helping Families to Live and Learn Together

In a safe, non-judgemental arena this 6 week programme uses a parent focussed- child centred approach. Children need two loving parents, consistent, positive discipline and clear communication. You will be able to develop your skills to bring up confident, happy and co-operative children.

Topics include:

- Understanding our needs and those of our children
- Building self-esteem in our children and ourselves
- Understanding children's behaviour
- Why a consistent approach works best
- Listening skills & Effective communication
- Dealing with feelings
- Promoting positive discipline.

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TO ENROL**



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