



## Parenting Courses



### Confident Parent, Confident Child (5 weeks)

Assess your own level of confidence and find out how this impacts on your children. Take part in group discussions about family life, find out ways to improve communication and learn how to increase your own confidence.



### Managing Children's Behaviour (5 weeks)

Learn about why children behave in certain ways and how parents can positively influence their children's behaviour. Take part in discussions with other parents. Try out new strategies at home and talk about how these worked. Improve family life and your relationship with your children.



# Family

Courses



## Understanding Your Teenager (5 weeks)

Understand what it is like being a teenager and find out how the teenage brain develops. Participate in discussions about family life with other parents. Improve communication with your teenager.



## Learning Through Play (5 weeks)

Understand the importance of play in your child's development. Participate in discussions about family life with other parents and learn about activities you can do at home with your family.



## Parents Towards Employment (5 weeks)

Look at the different choices families face as they consider how to best combine employment with family responsibilities. Consider how to make the most of your own skills as parents and learn more about looking and applying for paid employment.



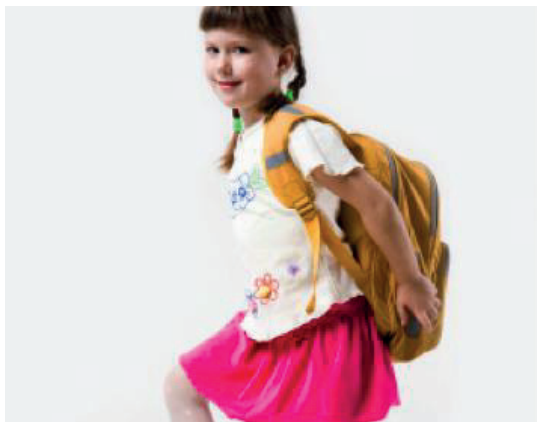
# Family

Courses



## Let's Talk About Bullying (2 hour workshop)

Understand the difference between bullying and learning social skills. Find out how to recognise signs of your child being bullied (or being the bully) and how to best support your child.



## Stepping Up Into Primary (2 hour workshop)

The opportunity to discuss with other parents the anxieties over your child starting school, how to best prepare your child and what to expect.



## Stepping Up Into Secondary (2 hour workshop)

The opportunity to share with other parents your feelings and concerns over your child starting secondary school. Learn what to expect and how to best support your child with the transition.