

# Time Out for Parents The Primary Years

- What?** A six-session course for parents of 5-11 year olds  
**When?** Monday evenings from 7<sup>th</sup> October to 18<sup>th</sup> November  
(no session on 28<sup>th</sup> October – half-term)  
**Where?** St John's Church Centre, Fleet Road, Hartley Wintney  
**Time?** 7.30pm to 9.30pm – coffee from 7.15pm

*This course is led by trained facilitators **Claire Parker & June Shorey***

There is no charge for attending. Participants are invited to make a voluntary contribution to cover the costs and we suggest £30 per parent (£5 a session). This includes a copy of the course handbook (otherwise charged at £7.50). Tax payers can Gift Aid their contributions. Those who can't afford it can pay less or come for free without embarrassment.



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**Monday evenings starting 7<sup>th</sup> October 2019**  
**St John's Church Centre, Hartley Wintney**



Positive Parenting's 'Time Out' courses provide lots of information and ideas to help you engage with your children and boost your relationship. Each week, as you try out new strategies at home, you'll find your skills developing and your confidence increasing. Over the six weeks of the course, you'll discover fresh approaches which will help to reduce your stress and improve your family life.

- Session 1: What being a parent's really like!
- Session 2: Children's needs
- Session 3: Feelings and listening
- Session 4: Boundaries and parenting styles
- Session 5: Keeping safe
- Session 6: Building strong families



**To book a place (or for further details)**  
**email [parenting@stjohnshw.org.uk](mailto:parenting@stjohnshw.org.uk)**  
**or telephone 01252 842215 – ext'n 25**

Book by email to [parenting@stjohnshw.org.uk](mailto:parenting@stjohnshw.org.uk)

Positive Parenting is part of **Care for the Family**, a registered charity (number 1066905)

Positive Parenting courses are designed for parents of all faiths and none  
Courses at St John's are open to all as part of the church's service to the community