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Approachable Parenting understands that this pandemic and another lockdown is having a huge impact on families and we are here to help and support you during this challenging time!

Approachable Parenting is working in partnership with Barnardo's to bring you a series of parenting programmes, workshops, videos and discussion forums on different topics including:

- 🔗 Coping with anxiety and stress
- 🔗 Mental and physical well-being
- 🔗 Motivation techniques
- 🔗 Parenting strategies during the uncertain times
- 🔗 Dealing with difficult behaviour and anger management

As well as one to one therapeutic support!

For further information please get in touch

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You can also follow us on social media:

@approachable.parenting

@5PillarsParent

We are also on YouTube - please subscribe to our channel