

Family Practitioner Service

Parent Support Sessions. 2023-2024

Teen Parenting Programme

Do you have teenage children who are driving you mad?

Are you struggling to enforce rules and boundaries with your teen?

Do you feel you are always nagging at them which leads to conflict and arguments?

The Teen Parenting Programme is a 6 week programme for parents and carers of 11-17 year olds. We cover communication, home rules , safety , peer pressure and how to manage challenging situations.

We hold courses regularly throughout the year so please refer and you will be contacted and invited to the next available course.

The next course will start:

Wednesday 10th April 2024

9.00-11.30 am

**Families First Basin Lane,
Tamworth B77 2AH.**

Refreshments will be available.

Book your free place now.

email: ehttamworth.gov.uk for a referral form or ring **01827 782004 for more information.**

Young Parents Support Group

Currently running every Wednesday afternoon from 12.30 – 2.30pm at Families First Basin Lane, Tamworth B77 2AH

Over an 8-week rolling cycle we explore a range of topics to help teenage and young first time parents such as;

Child development,

Sleep routines,

Feeding and weaning,

Play and interaction,

Childhood immunisations and health,

Financial advice and budgeting

Looking after yourself.

Babies and toddlers welcome

Places available now!

The Freedom Programme

Awareness Raising Sessions for Women

This is a 12 week support group for any women fleeing or who have experienced domestic abuse. Domestic abuse is not only between couples; it can also occur between a parent and child, or another relative. The programme helps the attendees understand why domestic abuse happens, the impact it can have on children and how to identify signs of abusive behaviour, helping to break the cycle of abuse. Women are able to share their experiences in a safe and non-judgemental space and gradually build the skills and confidence needed to recognise repeated patterns of abusive behaviour in relationships.

Every Tuesday Morning 9.30-11.30 at Families First Basin Lane.