

Parenting Drop-in

Rolling 6 week programme for parents and carers to drop in and receive advice around the following topics:

- **Positive Role-Models/Quality Time**
- **Communication/Active Listening**
- **Praise**
- **Identifying and Prioritising Problematic Behaviours**
- **De-escalation**
- **Self-Care**



Tuesdays 6.00pm- 7.30pm virtually via Microsoft Teams

Join on your computer or mobile app

[Click here to join the meeting](#)

**Contact us to find out more
and join the programme**

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