

PARENTING ADVICE



PARENTING COURSES THE LALLEY CENTRE 0161 205 2754

Open Monday to Friday 10am to 3pm

- Drop-in sessions (Wednesdays and Fridays from 11am to 1pm)
- Wellbeing group
- Parents as Partners course to support parents to build positive relationships with their children (from 2 November, Thursdays from 10am to 12.30pm for eight weeks)

KINSHIP CARERS KINSHIP.ORG.UK

Kinship is the leading kinship care charity in England and Wales. We're here for all kinship carers - the grandparents and siblings, the aunts, uncles, and family friends who step up to raise children when their parents can't.

CARE FOR THE FAMILY 029 2081 0800

New parents, everyday parenting, additional needs, single parenting, step-families, adoption and fostering

THE CHILDREN AND PARENTS SERVICE

0161 203 3261

CAPS is a multi-agency team made up of Clinical Psychologists, Specialist Health Visitors, and Parent Group Leaders providing community-based psychological support to Manchester families with children under 5.

ONLINE PARENTING COURSES

Call us free on 0808 800 2222 for emotional support, information, advice and guidance on any aspect of parenting and family life.

FAMILY LINKS 01865 401800

Our approach is relational and empowering and highlights the link between behaviour and feelings in the context of relationships. Our programmes develop self-awareness, empathy and self-regulation, supporting people to build and maintain positive relationships.