

# Sharing Parenting



making a difference to families

## Half Term Treasure Trail

Newmarket

Tuesday 16th February ~ 10:00am—12:00pm

## Facebook Live drop-ins

Wednesdays 1:00pm—1:30pm

27th January: SEN Toolbox  
24th February: Effective discipline  
31st March: Birth Order

Join us to ask questions on these topics or any others that are on your mind.

## Sibling Rivalry

Online via Zoom

Tuesdays 19th & 26th January  
9.30—10.30am

## Well-being Tasters:

Managing Anxiety; Resilience; Mindfulness

Online via Zoom, 1.3pm - 2.30pm  
Wednesdays 10th, 17th & 24th March

## SEN Support Group

currently on Zoom  
Tuesdays ~ 10:30am—12:00pm

## Raising Children 10 Week Course

Laureate Primary School, Newmarket

starting Thursday 7th January  
9.30—11.30am

## SEN Support: Outside the Box

4 week course

Westfield Primary School, Haverhill  
Starting Wednesday 20th January  
9.30am start

Lakenheath Community Centre  
Starting Monday 22nd February  
9.30am start

## SEN Support Sessions, 09:45am—11:30am

Mindfulness  
Monday 18th January

Recap and Mindfulness  
Monday 25th January

Arts & Crafts session (Mindfulness)  
Mondays 1st & 8th March

all at Lakenheath Community Centre

To sign up, to find out more or to join our mailing list  
visit: [www.sharingparenting.com](http://www.sharingparenting.com)  
email: [info@sharingparenting.com](mailto:info@sharingparenting.com)  
call or text: 07867 568339

## FREE for Parents

## Spring Term 2021

## Easter Holiday Activities

Newmarket & Lakenheath  
TBC

Keep an eye on our website for information

## Raising Teens 10 Week Course

Lakenheath Methodist Church

starting Wednesday 13th January  
6—8pm

## Dads Matter 5 Week Course

The EPIC Centre, Next to Risby Truckstop, 117  
Newmarket Rd, RISBY, IP28 6RD

Starting Tuesday 2nd March  
10:00am—11.30am

## Let's Play 4 Week Course

Starting Tuesday 12th Jan  
10:00am—11:30am

The EPIC Centre, Next to Risby Truckstop, 117  
Newmarket Rd, RISBY, IP28 6RD

A 4 week course exploring the  
importance of play

Week 1: Experiences of Childhood Play  
Week 2: The Benefits & Barriers to Play  
Week 3: The Dynamics of Play  
Week 4: Types of Play

## SEN Support Sessions, 09:45am—11:30am

Mindfulness

Wednesday 24th February

Recap and Mindfulness  
Wednesday 3rd March

Arts & Crafts Session (Mindfulness)  
Wednesdays 3rd & 10th March

all at Westfield Primary School, Haverhill

## True Colours

Online via Zoom

Monday March 8th ~ 10:00am—12:30am

Westfield Primary School, Haverhill  
Wednesday 24th March ~ 9.30am—12.00pm

Lakenheath Community Centre  
Monday 15th March ~ 9.30am—12.00pm

Follow us on

