

Sharing Parenting

making a difference to families



FREE for Parents

Spring Term 2021

Half Term Treasure Trail

Newmarket

Tuesday 16th February

Time: 10:00am - 12:00pm

Easter holiday activities:

Newmarket:

Date: TBC

Time: TBC

Lakenheath:

Date: February TBC

Time: 2:00pm - 4:00pm

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.

Raising Teens 10 Week Course

Venue: Lakenheath Methodist Church

starting Wednesday 13th January

Time: 6—8pm

Sibling Rivalry

Online via Zoom

Tuesdays 19th & 26th January

Time: 9.30 - 10.30am

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

Well-being Tasters:

Managing Anxiety

Online via Zoom

Wednesdays 10th, 17th & 24th March

Time: 1.30 pm - 2.30pm

Let's Play 4 Week Course

Starting Tuesday 12th Jan

Time: 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

To sign up, ask for a Zoom link,
find out more about our courses or join
our mailing list

visit: www.sharingparenting.com

email: info@sharingparenting.com

call or text: 07867 568339

Follow us on



FREE for Parents
Spring Term 2021

Raising Children 10 Week Course

Laureate Primary School, Newmarket

starting Thursday 7th January

Time: 9.30—11.30am

SEN Support Group

currently on Zoom

Tuesdays

Time: 10:30am—12:00pm

SEN Support Sessions

Including 'Outside the Box'

Mindfulness

Monday 18th January

Time: 8.50am - 11.30am

Recap and Mindfulness

Monday 25th January

Time: 8.50am - 11.30am

Arts & Crafts session (Mindfulness)

Mondays 1st & 8th March

Time: 8.50am - 11.30am

all at Lakenheath Community Centre

SEN Support Sessions

Including 'Outside the Box'

Mindfulness

Wednesday 24th February

Time: 8.50am - 11.30am

Recap and Mindfulness

Wednesday 3rd March

Time: 8.50am - 11.30am

Arts & Crafts session (Mindfulness)

Wednesdays 3rd & 10th March

Time: 8.50am - 11.30am

all at Westfield Primary School, Haverhill

True Colours

A fun, personality-based course

Online via Zoom

Monday March 8th

Time: 10:00am - 12:30am

Westfield Primary School, Haverhill

Wednesday 24th March

Time: 9.30am - 12.00pm

Lakenheath Community Centre

Monday 15th March

Time: 9.30am - 12.00pm

To sign up, ask for a Zoom link,
find out more about our courses or join
our mailing list

visit: www.sharingparenting.com

email: info@sharingparenting.com

call or text: 07867 568339

Follow us on

