



Other than Facebook Live sessions, all this term's courses will be on Zoom due to the lingering COVID-19 restrictions. To sign up, to find out more or to join our mailing list visit www.sharingparenting.com, email info@sharingparenting.com or call / text: 07867 568339

Raising Teens 10 Week Course

starting Thursday 15th April
9.30—11.30am

Sibling Rivalry

Wednesday 9th & 16th June
1.00—2.00pm

Managing Stress and Anxiety

Starting at 10.00am
Wednesday 26th May
Tuesday June 8th

Taster session: birth order

Wednesday 12th May 10.00—11.00am

Raising Children 10 Week Course

Wednesdays, starting 5th May
9.30—11.30am

SEN Support: Outside the Box

4 week course

Tuesdays, starting 20th April
10.00—12.00 noon

Taster session:

Wellbeing - low mood
Tuesday 25th May 1.00—2.00pm

Easter Treasure Trail & Frisbee Golf

Thursday 1st April; 2.00—4.00pm
Meet at Lakenheath play park (IP27 9AF)

Facebook Live drop-ins

Wednesdays 1:00pm—1:30pm

28th April: Managing Anger in children
26th May: Sibling Rivalry (faster session)
30th June: Mindfulness

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

Let's Play 4 Week Course

Exploring the importance of play

Thursdays, starting 15th April
10:00am—11:30am

April 15th: Experiences of Childhood Play
April 22nd: The Benefits & Barriers to Play
April 29th: The Dynamics of Play
May 6th: Types of Play

The Road Ahead

A practical course helping you to identify your key skills and strengths and to prepare for future job, training and educational opportunities.

6 week course on Thursdays

10.00—11.30am

13th, 20th, 27th May

10th, 17th, 24th June

True Colours

Explore your dominant personality traits, what motivates you and how you communicate with others.

Wednesday 21st April 10:00am start
Monday 10th June 10.00am start

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