

**Time Out Tuesdays**

**1 Hour Workshops**

Online via ZOOM

10am-11am \*except where stated

**18 January – Raising Teens**

**25 January – Birth Order**

**1 February – Parenting Styles**

**8 February – Labelling**

**15 February – SEN Toolbox**

**1 March – 6 Steps to Success for Life**

**8 March – 6 Steps to Success for Life**

**15 March – True Colours**

**22 March – The Road Ahead**

**29 March – Raising Teens \*7pm-8pm**

**SEND Support Group**

**Various locations in the community**

Laureate School, Newmarket

Abbots Green Bury St Edmunds

(school families only at this time)

**Tuesdays & Wednesdays**

Contact [clare@sharingparenting.com](mailto:clare@sharingparenting.com)

for more information

**Facebook Live**

Nina will host a

**Facebook Live Session**

*Last Wednesday of every month*

*@1pm*

**26 Jan - 5 tips to be a respectful parent**

**23 Feb - Parenting & fussy eating**

**30 March - Building self-esteem**

**27 April - Tips for managing tantrums**

**25 May - Tips for starting a new school**

**The Road Ahead**

**Career Support - 6 Week Course**

*10am - 11:30am*

**Starting Weds 12 January**

**Raising Children 10 Week Course**

Online via Zoom

**Thursday EVENINGS**

**Starting 20 January - 6:45pm to 8:15pm**

**SEND - Outside the Box**

**4 Week Course**

Freshfields, Newmarket

**Weds 2,9,16 & 23 March**

**9:30am to 11:30am**

**New Parents Course**

**Newmarket Venue to be confirmed**

**4 Week course for new parents**

**Dates and times to be confirmed**

**Well-being Tasters**

**Newmarket venues to be confirmed**

*10am - 11am*

**Weds 9 Feb - Managing Anxiety**

**Weds 9 March - Mindfulness**

*If you would like to join our mailing list to receive regular updates please email [info@sharingparenting.com](mailto:info@sharingparenting.com)*



**To book a place or for more information on all the FREE support available:**

**Visit: [www.sharingparenting.com](http://www.sharingparenting.com)**

**Email: [info@sharingparenting.com](mailto:info@sharingparenting.com)**