

Time Out Tuesdays

1 Hour Workshops

Online via ZOOM

10am-11am *except where stated

8 February – Labelling

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

Online via Zoom

Starting Wednesday 2 March 1pm - 2pm

for 5 weeks

Contact clare@sharingparenting.com
for more information

Facebook Live

Nina will host a

Facebook Live Session

Last Wednesday of every month
@1pm

23 Feb - Parenting & fussy eating

30 March - Building self-esteem

27 April - Tips for managing tantrums

25 May - Tips for starting a new school

Walk And Talk

Join us for fortnightly strolls around
The Severals

Tuesdays

8 February / 22 February / 5 March

22 March / 5 April

Build your Rainbow

Hannah will host

Ely Baby Bank Drop Ins

Thursdays

10am to 12pm

3 March / 7 April / 5 May / 2 June / 7 July

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

Well-being Tasters

Newmarket venues to be confirmed

Weds 9 Feb - Managing Anxiety 10 - 11am

Weds 9 March - Mindfulness 1 - 2pm

If you would like to join our mailing list to
receive regular updates please email
info@sharingparenting.com

New Parents Course

Newmarket Venue to be confirmed

4 Week course for new parents

Dates and times to be confirmed



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

Visit: www.sharingparenting.com

Email: info@sharingparenting.com