

PARENTING COURSES

Raising Toddlers Taster @ Online Via Zoom - *Tues 14 Mar 1:00pm - 2:00pm*

REGULAR SESSIONS

International Women's Group @ The Stable, Nwmrkt - *Every other Wednesday 1pm - 3pm*
Facebook Live @ Online - *Last Wednesday of every month*

WORKSHOPS

True Colours for Parents @ Online *Tues 7 March 10am - 12noon*

What's My Parenting Style? Does it Work? @ Online *Thurs 23 March 9:30am - 10:30am*

The Changing Brain (Toddlers & Teens) @ Online *Tues 28 March 6:45pm - 8:15pm*

Helping Children Manage Stress @ Online *Thurs 30 March 1pm - 2pm*

Mindfulness @ Online *Weds 19 April 9:30am - 10:30am*

Positive Mindset @ Online *Tues 25 April 6:45pm - 8:15pm*

Transitions (Supporting children through change) @ Online *Weds 26 April 1pm - 2pm*

Psychology of Behaviour @ Online *Monday 8 May 9:30am - 11am*

Exploring The Need Behind Behaviour @ Online *Tues 16 May 6:45pm - 8:15pm*

Raising Self Esteem @ Online *Tues 20 June 9:30am - 11am*

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



To book a place or for more information on all the free support available:
Visit: www.sharingparenting.com
Email: info@sharingparenting.com



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