

# Group for Parents

We run a number of different workshops for parents to explore the difficulties that they are experiencing at the present time.

The groups are run according to the ages of the children. We currently run 3 groups: a workshop for parents of under-fives, a group for parents with children aged between 5 and 11 and a group for parents whose children are over 11.

The aims of these groups are to develop skills as a parent, to foster confidence, encourage the sharing of good practice and 'what works', and to make better use of available resources.

The courses aims include:-

- Developing an understanding of where your Child is developmentally
- Learning the importance of self-care
- Exploring ways to deal with common issues.
- Developing a network of support around you from fellow parents.

