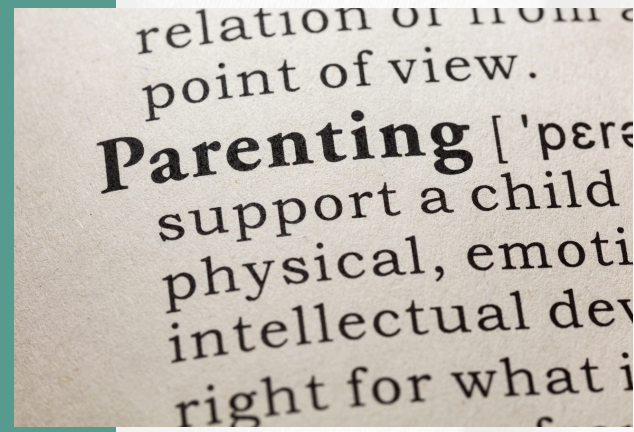


PARENTING COURSE

Parenting in the Primary Years

A five week course for anyone parenting 0-11 year olds.



PARENTING

Having children is life changing. Our role as parents is incredibly rewarding, but it has its fair share of tough times too. Unfortunately, children don't come with an instruction manual, and there are times when we feel inadequate or like we're making it up as we go along!

Come and join other parents as we journey together on the emotional rollercoaster that is parenting! You will meet others who share similar experiences to you, explore different strategies and ways to parent, discuss some of the highs and lows, and pick up some tips and tricks along the way.

THE COURSE

- Week 1 - Building Strong Foundations
- Week 2 - Meeting Needs & Loving them
- Week 3 - Boundaries & Battles
- Week 4 - Building Healthy Relationships
- Week 5 - Creating a Sense of Belonging

DETAILS

Where

Three times a year at local venues around East Cheshire.

When

Five consecutive weeks. Sessions will start at 7.45pm and finish promptly at 9.30pm.

Cost

There is no cost for this course, but if you would like to make a donation to Sowing Roots at the end of the five weeks you would be most welcome to do so.

BOOKING

Booking is fulfilled via a dedicated Eventbrite page. Details for each course will be provided in advance throughout the year.

For more information email info@sowingroots.org.uk



SOWING ROOTS

We are a small charity based in Macclesfield, supporting primary schools, children and their families across East Cheshire.

 sowingroots.org.uk/parenting