**WHO ARE WE?**

As part of the Family Intervention Team Parenting Service, we provide a weekly rolling programme of parenting support via two term-time only parenting groups:

**Tuesdays 10.00am-12.30pm at**

**117 Newbridge Hill, Bath, BA1 3PT**

**tel: 01225 421686**

**Fridays 9.30am-12noon mornings at**

**Keynsham Children’s Centre, 65 Westview Road, Keynsham, Bristol, BS31 2UE**

**tel: 01225 395400**

**WHAT CAN YOU EXPECT FROM THE GROUP?**

* Friendly, relaxed atmosphere
* Practical tips that have been tried and tested by parents
* Reinforce your existing skills
* Non-judgemental support and advice
* Flexible programme – come as often as you like
* Tea, coffee and biscuits

What is said in the group stays in the group. However should we have concerns about a child’s safety we will, when possible, ask your permission to share those concerns and then decide how we best provide support to ensure a child’s safety.

**FIND OUT HOW TO . . .**

* Improve communication
* Take care of yourself
* Feel more confident
* Build self-esteem
* Encourage co-operation
* Look for positives
* Problem solve

These skills will be achieved through the use of a parenting approach consisting of:

* Ten Parenting tools/life skills
* Group discussion
* Small group interaction
* Guest speakers on relevant topics
* Handouts

**HOW TO GET IN TOUCH**

Everyone is welcome to drop in; we suggest you ring Ruby Wheeler prior to your initial visit so that you will be expected.



**What people like best about the Parenting Support Groups:**

*“getting the help and advice I need and listening to others’ ideas and experiences” HB*

*“ friendly, a safe place to talk and cry” NH*

*“advice and support of leaders and participants” CW*

*“one week you may be ok, the next you’re not, it’s there for you” AS*

*“Intuitive, intelligent structured talk, humour and kindness – thank you” ES*

**Worn down by your child’s challenging behaviour?**

**Tried everything?**

**Nothing works?**



 Our aims are to promote successful family

 relationships encompassing the individual

 needs of each family member, reducing risk

 and preventing family breakdown.

***ALL PARENTS AND CARERS***

***WELCOME***

**ANY QUESTIONS?**

**Ruby Wheeler**

Parent Support Worker

01225 421686

**Brenda Woolcott**

Parent Support Worker

01225 421686

**Sarah Rogers**

Deputy Team Manager

Family Intervention Team

01225 421686



**“Parenting is a tough job but change**

**is possible”**

08/16



**FAMILY INTERVENTION TEAM**

**PARENT**

**SUPPORT**

**GROUPS**

