

Free! Summer Parenting Workshops 2021



- ☑ Each week will cover a different parenting topic
- ☑ Using strategies from the national Triple P course (Positive Parenting Program)
- 👤 **Face-to-face** sessions - come along to any one workshop a week
- ↓ Limited spaces - register your interest (see below)

Gillingham Children & Family Hub

Woodlands Road, ME7 2BX

Mondays, 10am to 11.30am

Week One	26 July
Week Two	2 August
Week Three	9 August
Week Four	16 August

Wayfield Children & Family Hub

Wayfield Road, ME5 0HH

Tuesdays, 2pm to 3.30pm

Week One	27 July
Week Two	3 August
Week Three	10 August
Week Four	17 August

Strood Children & Family Hub

Clifton Close, ME2 2HG

Thursdays, 10am to 11.30am

Week One	29 July
Week Two	<i>not available at this hub</i>
Week Three	12 August
Week Four	19 August

Week One (week beginning 26 July)

What is Positive Parenting? (12-17 years)

Understanding why teenagers behave as they do, factors influencing teenage behaviour, influences outside the home, ensuring a safe and engaging family environment, creating a positive learning environment, having realistic expectations, and taking care of yourself as a parent.

Week Two (week beginning 2 August)

What is Positive Parenting? (5-11 years)

Ensuring a safe and interesting family environment for children, creating a positive learning environment, having realistic expectations, and taking care of yourself as a parent.

Week Three (week beginning 9 August)

Helping children develop (5-11 years)

Developing a good relationship with your child, encouraging good behaviour, teaching new skills and behaviours.

Week Four (week beginning 16 August)

Developing positive relationships (12-17 years)

Encouraging appropriate behaviour in teenagers, increasing desirable behaviour, teaching new skills and behaviours.

How to register

Please email the following information to medwayparenting@medway.gov.uk

- ★ your name
- ★ contact number
- ★ sessions you wish to attend (date and hub)

Or call 01634 336238

Please note

- This is not the full Triple P course, and you will not receive a certificate.
- These sessions are for adults only and no childcare facilities are provided by the hubs.
- Sessions will follow up-to-date Covid-19 Government guidelines.