

DE-ESCALATION

PARENTS

FEEL EMPOWERED

Kids stressing you out?

Worried about them?

Need to refresh your parenting style?

MINDFULNESS

WE CAN HELP!

GET SUPPORT

WELLBEING

DIFFERENT WAYS OF MANAGING

Invitation

Find out about our new parenting course by coming to one of our Taster Sessions

Tuesday 3rd October 10am-noon

Tuesday 10th October 5pm—6.30pm

In an informal setting Parent Facilitators, Professional Facilitators and our Chaplain will answer your questions about the course.

Refreshments provided

KNOW YOUR TRIGGERS

LEARN HOW THE
TEENAGE BRAIN WORKS



ST PAUL'S ACADEMY

"I went under protest but I came every week and it worked!"

Perfect parents need not attend...

<http://nonviolentresistance.org.uk/>

<http://oxleas.nhs.uk/advice-and-guidance/children-and-young-peoples-services/nvr/>