



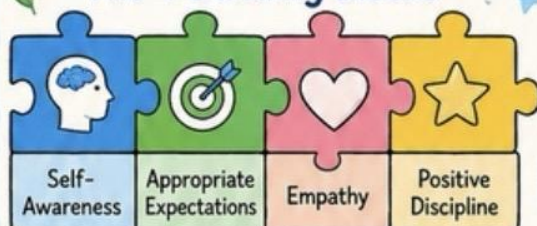
♥ Parenting can be amazing...

But it can also be loud, messy & exhausting!

★ **The Nurture Workshop** is a friendly 4-week group to help parents and carers feel:

- ★ **More confident**
- ★ **More calm**
- ★ **More understood**
- ★ **More in control**

The 4 Building Blocks



All helping build strong emotional health

Parents Say...

- “I feel much more confident now.”
- “Our home is calmer.”
- “It’s my favourite two hours of the week.”
- “Everyone felt respected.”

♥ What Will We Explore? ✨

- Why children behave the way they do
- The feelings behind behaviour (theirs & ours!)
- Positive ways to guide & discipline
- Building co-operation & self-discipline
- Looking after YOU too

★ What to Expect

- 4 weekly sessions (2 hours each)
- Small friendly group (8–10 parents)
- Led by trained group leaders
- Tea & coffee included
- Partners welcome (or come solo!)
- Some groups may offer a crèche (please check beforehand)

Sessions fit together like a puzzle – try to attend all!

Scan me!



Scan the QR code to find out more!

- When:** Wednesdays
- Starts:** 23/09/26
- Time:** 12:45pm – 14:45pm
- Where:** Little Haven

Contact: Tracey or Jenna on
07977 667955

