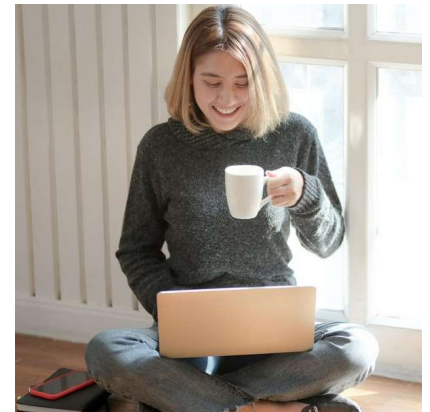


### SOLIHULL PARENTING TEAM OFFER

Following the recent retightening of restrictions due to Covid-19, we are now pleased to be able to offer a virtual 'Being a Parent' group. We will also continue to offer weekly tweets, one to one telephone consultations with supportive advice, resources and links, plus FREE online 'Solihull Approach' Parenting Courses.

As the situation is constantly changing, we will continue to provide updates on our activity via the **Solihull Parenting Team** Facebook page - please do follow us and



EMPOWERING  
PARENTS  
EMPOWERING  
COMMUNITIES

### THE 'BEING A PARENT' VIRTUAL GROUP

is a supportive group where parents & carers of children aged 0-11 years can meet and talk in a familiar & friendly forum without their children.

The sessions will be 1.5 hours a week for 9 weeks, giving parents the opportunity to support one another and share knowledge & experiences with the help of tried and tested resources from the 'Empowering Parents, Empowering Communities' programme.

The group aims to help you to understand your child better, manage challenging behaviour, improve communication and build a supportive relationship.

The group will take place using Microsoft Teams from 10am – 11.30am on a Thursday, and you will be sent full joining instructions beforehand.

We will be starting with a welcome session, on Thursday 1<sup>st</sup> October, the group will then run for a further 8 weeks.

To book your place, or for more information, please contact the parenting team  
via email to [bsmhft.parenting@nhs.net](mailto:bsmhft.parenting@nhs.net)  
by phone on 0121 301 2773  
or by finding us on Facebook – Solihull Parenting Team