

Parenting Skills & Strategies Sessions are being held at the following times and venues from March 2018

**Blandford Children's Centre,
Black Lane, Blandford**

Contact Tel: 01258 480147

Fridays: 9.30 — 11.30

March 2nd April 6th

June 1st July 6th

**Gillingham Hub, Riversmeet,
Hardings Lane, Gillingham**

Contact Tel: 01747 859126

Wednesdays: 9.30 — 11.30

March 14th May 9th

June 13th July 11th

**Shaftesbury Children's
Centre, Wincombe Lane,
Shaftesbury**

Contact Tel: 01747 850288

Mondays: 1.00 — 3.00

March 12th May 14th

June 11th July 9th

**Sherborne Children's
Centre, Tinney's Lane,
Sherborne**

Contact Tel: 01305 224310

Mondays: 9.30—11.30

March 19th May 21st

June 18th July 16th

For more information please contact your Family Partnership Zone direct or email the following address:

northfamilypartnershipzone@dorsetcc.gov.uk

01305 224310

www.dorsetforyou.com/childrenscentres

Dorset County Council



Family Partnership Zone

Parenting Skills & Strategies Sessions

Need some help and advice on managing your child's behaviour in a calm and positive way?

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Drop in dates to be announced - you are welcome to arrange a time to speak with a family worker for one off advice, useful courses, access to local resources etc.



What are Parenting Skills & Strategies?

These monthly drop-in sessions are for you to attend to get practical and friendly support alongside other parents/carers. It is based on the principles of well researched parenting programmes.

I've never been to a Parenting group before—does that matter?

Not at all ! Come along—this is where we help you find some new ways to manage your child's behaviour in a calm and positive way. As parents you know your children better than anyone, we work with that knowledge to help you make changes.

What if I have already done a Parenting Course?

This is for you too! We will help you to remember some of the great stuff you learnt, principles such as “When, Then” and “Special Time” and having “FUN”.

I'm worried everyone will be perfect parents ?

There is no such thing as a perfect parent. This group is for real parents and carers, who are seeking a bit of support to improve their children's behaviour and change the way they interact with their children.

My child isn't a toddler– isn't this for young children?

The Family Partnership Zone is a group of professionals trained to work with families with children aged 0-19. We draw on the different expertise of the team members to make sure that the behaviour management skills learnt by parents work across all ages of children.

What if I need a bit more support ?

If you feel that you would benefit from more regular support, together we can assess what your needs are and work out the best support route for you.