

# PARENT TALK

*'Being a parent brings some of life's biggest joys as well as its greatest challenges.'*

Parentalk is a confidential, supportive group, and an opportunity to meet with, chat and share ideas with other parents. Sessions are led by Mrs Nicholas and held in an informal, relaxed atmosphere.

Monday 9<sup>th</sup> June 2025

'Love them and let them know'

Monday 16<sup>th</sup> June 2025

'It's good to talk'

Monday 23<sup>rd</sup> June 2025

'Boundaries and battles'

Monday 30<sup>th</sup> June 2025

'Parenting with elastic'

Monday 7<sup>th</sup> July 2025

'Creating a sense of belonging'

All sessions are 6:00pm - 7:30pm.

Parentalk supports you to build on your strengths as a parent and discover things you might want to do differently - a range of practical strategies and tips are discussed.

Tea, coffee and biscuits are served.