



## Primary Family Support Group

### Empowering parents to build healthy relationships with their children

**When:** Mondays at 12.45-2pm

**Venue:** Limes College, Sutton West Site, Robin Hood Lane, Sutton SM1 2SD

**Entrance:** Via Blue Gates to the left-hand side of the ball court

**Dates:**

**02/10/23:** Introductions, ground rules, parenting styles

**09/10/23:** Parent's mental health and well-being

**16/10/23:** Contextual Safeguarding

**23/10/23:** No Group

**30/10/23:** No Group

**06/11/23:** Promoting positivity in children

**13/11/23:** Rules, boundaries, sanctions, rewards, bedtimes, conflict

**20/11/2023:** Online Safety

**27/11/23:** Supporting children's mental health, anxiety, self-esteem /Zones of regulation

**04/12/23:** Review ending, what next, evaluation

### All welcome

*Whilst we know that some parents may not be able to attend every session, we do encourage parents to attend as many sessions as possible. As the group develops with each session, trust and relationships will build and parents will hopefully feel more supported by each other and grow in confidence.*

Once you have signed up to the group, we ask that parents contact Georgia or Nibby if for some reason you are unable to attend that week

We would like to extend this invite to all parents of a primary aged child in the London Borough of Sutton. We hope to offer parents a safe space to meet other parents in a similar situation to learn more about different topics and explore new ideas that will support your child's social emotional growth and development.

Parents will:  
Feel more empowered and confident to trust their own judgements when supporting their children

Build self-esteem and confidence

Share ideas and tips with each other

For more information and to register your interest and to discuss any queries please call or email either: Nibby, Jackie or Georgia

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