

Parenting in a  
Pandemic...

everything feels  
a bit more difficult  
right now?

Lots online, but  
it's not the same  
as talking...

So who's  
listening?

We are!

**Our services have had to change in order to practice as safely as possible.**

If you are a parent or carer and live in Leicester City you can access our digital group sessions with other parents.

Are you struggling to manage your children's behaviour?

If so, and your children are aged 3-11 years old, this free online group can offer you the opportunity to...

- Learn new parenting skills
- Find solutions which work best for you.
- Discover you are not the only one dealing with those problems.
- Become more confident and less stressed.

With our combined knowledge we...

**Make new friends- work together - share new ideas and experiences – have fun!**

Please complete a referral form or  
For more information contact  
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# Parenting in a Pandemic

## What is the programme about?

As parents or carers you want the best for your child, because you know your child better than us. Come and help support us, to challenge your children to be the best they can. With our combined knowledge we will....Make new friends. Work together. Share ideas and experiences. Have fun. Help you become more confident as a parent and less stressed.

## What is covered?

A step by step process, helping parents and carers to identify three things.  
In a Pandemic ....

- What their child's challenging behaviour is?
- Why it is happening?
- How they might go about changing it?

The digital sessions will assist Parents in a Pandemic in finding their own solutions to their children's behaviour challenges and bring the fun back into family life.

## Where and When?

**Day: Fridays (mornings) Zoom Digital Platform**

**Time: 10.00am – 11.15am**

**Dates:**

**Friday 25th September 2020**

**Friday 2nd October 2020**

**Friday 9th October 2020**

**Friday 16th October 2020**

**Friday 23rd October 2020...1 week gap.**

**Friday 6th November 2020 (Final follow up session)**

**Contact**

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**"At first I had my doubts, It was a big step to attend. Having four children - I didn't think there was much to learn from this, but the ideas from other parents helped me realise how to prevent unwanted behaviours from happening. Simple changes made big differences."**

**Parent comment**

