

ACHIEVING BETTER CONNECTIONS

PARENT / CARER SUPPORT SESSIONS

We know parenting isn't always easy and family life has lots of challenges along the way. If you're finding things at home tough we are here to help through our Achieving Better Connections sessions for parents/ carers.

Come along to your nearest Family Hub for our six week programme for handy tips to support your family.

For more information on how we can support you on your parenting journey please contact the Parenting and Relationships Team on
0191 561 7005 or e-mail
citywideparentingreferrals@togetherforchildren.org.uk

What do the weekly sessions include?

Over a 6 week period, we will talk through coping with family stresses, our child's development and how we can support this. Healthy boundaries for our children exploring why children behave the way they do, our different parenting styles and supporting positive behaviour. We will also look at safer communities and how we keep our children safe online and when they are not with us and most importantly of all, how we can be the best parents we can be for our children.

Who can attend the sessions?

The sessions are free and available to all parents and carers with children aged from 0-16years of age.

What time and day are the sessions?

The sessions are available from Monday through to Friday with a selection of times; 9.30am - 11.30am or 12.30pm - 2.30pm within each of the Family Hubs or 4pm -6pm via Teams.

How do I find out more?

Contact the Parenting and Relationships Team on 01915617005 or e-mail citywideparentingreferrals@togetherforchildren.org.uk

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Sunderland City Council

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