The Nurturing Programme

`How to get the best our of family life`

'Nurturing Programme' is a 10 week course for parents/ carers who have concerns about their child's behaviour and would like techniques in how to support their children in the home.

On the course covers:

- **Giving praise**
- **Family rules**
- **Choices and consequences**
- **Problem solving**
- **Using 'I' statements**

AND we talk about looking after ourselves .

Our course is starting 1st March 1-3pm.

Join us for our coffee stay and play 15th February 1-2pm