

Every Thursday from 18th September for 13 sessions, excluding school holidays. The last session will be on 18th December.

9.15am to 12.15pm

Wellspring Settlement
43 Ducie Road, Bristol, BS5 0AX

For more information or to book, call Sally or Laura on 0117 3041400 extension 155

Professionals: find a referral form at
<https://form.jotform.com/222903517095355>

Parents: self-refer
by scanning
the QR code:



Family Centre, Settlement Site, Ducie Road, Barton Hill, BS5 0AX
0117 3041400

www.wellspringsettlement.org.uk info@wsb.org.uk

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strengthening families strengthening communities



A free, inclusive course
to help parents and
carers raise happy,
confident children, from
babies to teens

**FREE CRECHE SPACES
AVAILABLE! PLACES
MUST BE BOOKED!**



About the programme

This is a popular parenting programme for anyone raising children. We welcome parents and carers from all backgrounds who would like to work on their parenting skills and build positive relationships with their children.

We can help you to recognise and respond to the challenges of being a parent and the risks and concerns facing our children. Whether you want to help your child do well at school, deal with bullying, avoid online grooming or getting in with the 'wrong crowd', or just feel more confident: SFSC can provide you with strategies to help you feel equipped as a parent and help you to keep your children safe.

The course will help you to:

- Build positive family relationships
- Manage anger and stress
- Implement effective discipline strategies
- Gain confidence and communication skills
- Understand your child's development
- Recognise and value your family and cultural traditions
- Meet others and share ideas

You will receive a certificate and a parent manual.

SFSC runs weekly for 11 weeks, excluding school holidays. We can provide free childcare and refreshments. Just come along, bring a friend or partner if you prefer, and see if it's for you!

A stylized illustration of a family sitting on a bench. A woman with red hair is sitting on the left, wearing a blue top. A young boy with brown hair is sitting next to her, wearing a yellow shirt and brown pants. A young girl with brown hair is sitting on the right, wearing a pink shirt and blue pants. They are all smiling. The illustration is positioned on the left side of the page, partially overlapping the large blue and purple circular graphic.

"I really enjoyed the programme and have found it the most useful out of all the programme that I have done and social services have scored me higher in meetings too."

"The programme really changed my thoughts about parenting, as I think parenting is kind of an art of how to be a good parent or a model parent, it's not an easy job to take care of a human being."

"I found it very good and I have had a good experience on this programme, it is very good to help myself and my children."