

**HOME
START**

**Central
Lancashire**

SUPPORTED BY



'SWEET CHILLI PARENTING'

WORKSHOPS AT HOME-START CENTRAL LANCASHIRE



Is your child experiencing emotional, behavioural, or mental health challenges, and you are not too sure how to help?



Do you want to learn how to support your child to be resilient, and to deal with the challenges they may face?

Home Start Central Lancashire are leading providers in therapeutic parenting training, which allows parents to gain a better understanding of the emotional and physical impact of trauma.

We all experience trauma within our lives, however how we are supported through challenging times can have a huge impact on our parenting styles, future life choices and wellbeing.

This course will allow parents to learn about brain development, the impact of stress on both adults and children, and how a trauma informed, therapeutic approach to parenting can have a positive impact on the whole family.

The course is delivered over 3 workshops that will take place at St Mary's and St Benedict's Primary School, Browndedge Road

Thursday 24th April 2025

09:30-14:30

Thursday 1st May 2025

09:30-14:30

Thursday 8th May 2025

09:30-14:30

SWEET CHILLI PARENTING
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Reflective Learning

To book your space please call:



01257 241636