

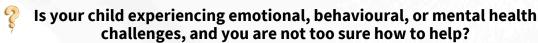
SUPPORTED BY





'SWEET CHILLI PARENTING'

WORKSHOPS AT HOME-START CENTRAL LANCASHIRE



Po 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, Brownedge Road

SWEET CHILLI PARENTING 2MEEL Reflective Learning ENLING

Thursday 24th April 2025 09:30-14:30

Thursday 1st May 2025 09:30-14:30

Thursday 8th May 2025 09:30-14:30

To book your space please call:



01257 241636