



**Starts Wednesday 20th September  
and runs for 13 weeks**

**9.30am - 12.30pm**

**Wellspring Settlement  
43 Ducie Road, Bristol, BS5 0AX**

**For more information or to book, call Sally on  
0117 955 6971 extension 161**

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

**Parents: self refer here**



# **strengthening families strengthening communities**

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



Settlement Site, 43 Ducie Road, Barton Hill, BS5 0AX - 0117 955 6971 |  
Wellspring Site, Beam Street, Barton Hill, BS5 9QY - 0117 304 1400

[www.wellspringsettlement.org.uk](http://www.wellspringsettlement.org.uk) | [info@wsb.org.uk](mailto:info@wsb.org.uk)

## 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.

Really helpful tools for supporting my child and building a happy home full of love and respect



I found all information helpful, I am remembering to calm down before reacting. Great group discussions, it felt trusting and I felt listened to

SFSC runs for three hours a week for 12 weeks. Some groups provide free childcare and refreshments. Just come along, bring a friend or partner if you prefer, and see if it's for you!

Thank you for the course. I found it informative and helpful, I learned tips I never knew before

- 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.

