

Every Thursday from 26th September for 12 sessions, excluding school holidays. The last session will be on 19th December.

9.30am to 12.00pm

Wellspring Settlement
43 Ducie Road, Bristol, BS5 0AX

For more information or to book, call Sally
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 12 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. A woman with brown hair, wearing a green long-sleeved shirt, is sitting on a blue folding chair. A young boy with brown hair, wearing a yellow long-sleeved shirt and brown trousers, is sitting on the floor next to her. A young girl with brown hair, wearing a pink long-sleeved shirt and blue shorts, is standing next to the boy, holding a basketball. They are all smiling.

"Really valuable course. I have seen genuine changes in my family. I'm very grateful and hopeful for the future"

"I have enjoyed the course and am pleased to have the book to refer back to, especially as my children get older and I need to use different methods"

"The course has been very beneficial for me, I am feeling very confident now in my parenting"