

Are your kids driving you crazy?



If so, and your children are aged 3 - 11 years, this free Fun and Families group can offer you the opportunity to...

- Get support and make new friends
 - Learn new parenting skills
- Find solutions which work best for you
- Discover that you are not the only one dealing with these problems

When?

Starts Thursday 28th January 2010

9.30 - 11.30 am

For 7 weeks

Where?

**The Fairmead Children Centre,
Drummond Walk, Melton Mowbray**

Free childcare

*For more information and to book
YOUR place, contact*

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What do the groups provide?

- A welcoming, supportive and safe place to talk in confidence to other people in a similar situation to yourself.
- To help find positive solutions for behaviour difficulties.
Some examples of typical behaviour difficulties families may have are: tantrums/rages, conflict, aggression, school issues, defiance, communication difficulties, offending.
The behaviour depends on the age of the child and the family situation.
Many families struggle with some of these issues at some point.
- The groups provide a positive time to relax and think with others about solutions to difficulties. The groups are run informally and are fun to attend.
- The groups aim to give you more confidence to deal with current and future issues. The Centre see parents and carers as the experts on their family situation.
- The groups are free and sometimes taxis and childcare can be arranged.
- The groups are run with respect for all the participants, working with equal opportunities and working positively with diversity.
- The group work programmes use clear practical ideas that are based on Social Learning Theory to support families to change behaviour.
- All families usually have a home visit before the group.
- The groups aim to help put some fun back into family life.
- All groups are evaluated very well by parents, carers and children and at the end of the groups they often report positive changes in their relationships.

Comments from people who have been on a group.....

Grandparents: (who are main carers)

"We were made most welcome"

A Mum:

"It is so nice to know we aren't alone and others have problems like us."

Young person:

"I feel calmer now, I don't get so angry."

A Dad:

"I've learnt to remain calm in dealing with difficult situations."