Every Thursday from 26th September for 12 weeks, 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 or Paul 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

Wellspring Settlement

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

CRECHE SPACES AVAILABLE!







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

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!



"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"