

Positive Futures Parenting Support Courses



Do you want to improve your relationship with your children and young people?

We know that parenting children can be tough, but we also know it can be one of the most rewarding things you will ever do. Our **free** course helps you understand how to build strong and stable relationships with your children and young people.

The course will let you meet and share ideas and experiences with other parents, as well as learn practical skills to help you build on your strengths (because everyone has them!) and put a plan together about any changes you may want to make.

The course takes place across York, over 10 weeks and each 2 hour session is based on the latest evidence and research. You will get an easy to read handbook and lots of help and support from our friendly experienced tutors.

It's easy to sign up! Either call us on 01904 500301, email us at training@brightsparkscic.org.uk or visit www.brightsparkscic.org.uk/parenting

**BRIGHT
SPARKS**



Practical advice
Meet other parents
Learn new skills