

# TALKING FAMILIES



Because parents don't get training for the toughest job on earth!

**WEDNESDAYS**

**9th, 16th, 23rd, 30th January  
and 6th, 13th February 2019**

**9.30-11.30am**



Our **FREE** 6 week course for parents and carers of children aged 0-12 will help you to:

- **Manage challenging behaviour with consistency**
- **Encourage positive behaviour**
- **Build your child's self esteem**
- **Set and maintain boundaries**
- **Respond to tantrums and difficult feelings in children**

'It was a brilliant course and has made a huge difference'

'It has taught me new skills to deal with family life'

## **HIGHFIELD COMMUNITY CENTRE**

**Bellgate, Fletcher Way  
Hemel Hempstead  
HP2 5SB**

A limited number of childcare places for the under 5's are available to enable you to attend this course, and must be booked in advance.

### **Pre-booking essential**

**To check eligibility and book a place, contact Supporting Links on:**

**01442 300185**

**[bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)**

**[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)**

**QUOTING REFERENCE SL296**



This course is provided free to parents by Hertfordshire County Council