

## SUMMER TERM PARENTING GROUPS

Open to all Solihull parents and carers, a new timetable of parenting groups will be starting in May, delivered both face-to-face & virtually.

### BEING A PARENT GROUPS

Led by trained parent volunteers, the groups provide you with tools & strategies to help manage challenging behaviour and improve communication, as well as build and understand your relationship with your child.

The Being a Parent groups will be delivered both face-to-face and virtually, starting with a welcome session & then running weekly for a further 8 sessions:

#### Face to face:

Tuesday 9.30am to 11.30am

Oliver Bird Hall (B91 3RQ)

Target age: 0-9 years

Dates: 3/5/22-5/7/22

Thursday 9.30am to 11.30am

Evergreen, Yorkwood School (B37 6DF)

Target age: 9 years plus

Dates: 5/5/22-7/7/22

#### Virtual via Microsoft Teams:

Tuesday 6pm to 7.30pm

Target age: 0-9 years

Dates: 3/5/22 – 5/7/22

Wednesday 6pm to 7.30pm

Target age: 9 years plus

Dates: 4/5/22 – 6/7/22



### UNDERSTANDING YOUR CHILD'S BEHAVIOUR

Led by Solihull professionals, the group aims to help you to manage challenging behaviour and improve communication, as well as building and understanding your relationship with your child.

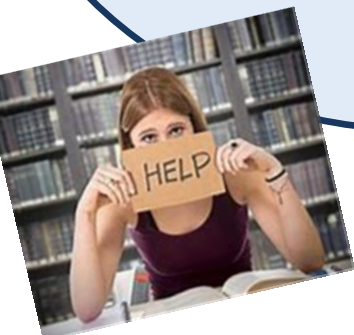
The group will be delivered face-to-face for 10 sessions:

Solihull College  
Blossomfield Campus (B91 1SB)

Thursday 9.30am – 11.30am

Target age: 4-11 years

Dates: 5/5/22 – 14/7/22



### FIVE TO THRIVE

The FIVE TO THRIVE building blocks describe a sequence of relational activities that build healthy brains in babies and young children and maintain healthy brain function throughout life.

Meet other parents with babies learn how to further develop your baby's brain.

For all parents with babies 0-12 months  
Tuesdays from 1pm – 2.30pm

Weekly for 6 weeks from 26/4/22 – 31/4/22  
Via Microsoft Teams

Book your place now, or find out more by contacting the Solihull Parenting Team at:  
[bsmhft.parenting@nhs.net](mailto:bsmhft.parenting@nhs.net)  
or by finding us on Facebook – Solihull Parenting Team