



Nebula  
where stars are born

## Parent Group

Would you like a chance to share your experiences and hear about those of other parents? If so then the 'Strength to Strength Parent Group' is for you.

Parenting is the hardest job in the world and children don't come with a manual. However, you are the best person for the job and it is our experiences as parents which help us to learn.

We often talk about children learning something new every day - this is a chance for you to think about something new as well.

The Strength to Strength Parent Group brings parents together to share ideas and experiences whilst working through common issues. The group meets for a block of 6 weeks and will include issues such as; the importance of attention, praise and encouragement, tangible rewards and challenge charts, rules and boundaries and time out and consequences.

The Strength to Strength Parent Group is a safe, relaxed and welcoming environment and refreshments are provided throughout.

If you are interested in attending a group at some point over the next couple of terms or would like to find out more, please could you complete the slip below and return it to school by Friday 27<sup>th</sup> September.

Natalie Brown  
Pastoral Manager and Parent Support Adviser

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## Parent Group Slip

Name \_\_\_\_\_

Telephone number \_\_\_\_\_

School \_\_\_\_\_

Which of the following times would be best for you to attend the group? Please circle which days you would be available at the selected time.

- |  |     |     |     |     |     |
|--|-----|-----|-----|-----|-----|
| <input type="checkbox"/> 9:30am – 11:30 am | Mon | Tue | Wed | Thu | Fri |
| <input type="checkbox"/> 1pm – 3pm         | Mon | Tue | Wed | Thu | Fri |
| <input type="checkbox"/> 6pm – 8pm         | Mon | Tue | Wed | Thu | Fri |