



**AUTUMN TERM 2024**  
 Open to all Solihull parents and carers



**BEING A PARENT GROUPS**

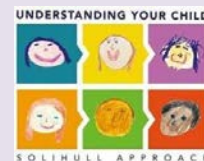
Led by trained parent volunteers, the groups provide you with the tools to help manage challenging behaviour, improve communication, and build a positive relationship with your child.

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:

TUESDAY	Virtual via Microsoft Teams	6pm – 7.30pm	1/10/24 – 3/12/24
WEDNESDAY	Dickens Heath School (B90 1NA)	9.30am – 11.30am	2/10/24 – 4/12/24
WEDNESDAY	Marston Green Infants (B37 7AA)	12.30pm – 2.30pm	2/10/24 – 4/12/24

**UNDERSTANDING YOUR CHILD**

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 target age is 4-11 years unless specified, delivered face-to-face for 10 sessions:



TUESDAY	TEEN Grace Academy (B37 5JS)	10.50am – 12.50am	24/9/24 – 10/12/24
THURSDAY	Widney Junior School (B91 3LQ)	9.30am – 11.30am	3/10/24 – 12/12/24
THURSDAY	Evergreen Family Hub (B37 6DX)	9.30am – 11.30am	3/10/24 – 12/12/24

**FIVE TO THRIVE**

For parents with children aged up to 2 years, the FIVE TO THRIVE building blocks explore practical things you can do to enhance your child’s brain development, increase confidence in parenting and meet local parents.



<p><b>MONDAY</b>          Riverside Family Hub          (B37 5DP)</p> <p>12.30pm – 2.30pm</p> <p>16/9/24 – 21/10/24          4/11/24 – 9/12/24</p>	<p><b>TUESDAY</b>          The Bridge, Shirley          (B90 3AG)</p> <p>12.30pm – 2.30pm</p> <p>17/9/24 – 22/10/24          5/11/24 – 10/12/24</p>
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Book your place now, or find out more by contacting Solihull Parenting Team at: [bsmhft.parenting@nhs.net](mailto:bsmhft.parenting@nhs.net) or book via the Eventbrite QR code below:

