



**SPRING TERM 2025**  
Open to all Solihull parents and carers



**BEING A PARENT GROUPS**

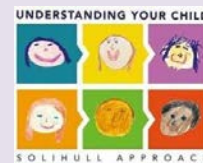
Led by trained parent volunteers, the groups provide you with the tools to help manage challenging behaviour, improve communication, and build a positive relationship with your child.

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:

<b>TUESDAY</b>	Virtual via Microsoft Teams	6pm – 7.30pm	28/1/25 – 1/4/25
<b>WEDNESDAY</b>	Dickens Heath School (B90 1NA)	9.30am – 11.30am	29/1/25 – 2/4/25
<b>FRIDAY</b>	Kingshurst Primary School (B37 6BN)	9.15am – 11.15am	31/1/25 – 4/4/25

**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:



<b>TUESDAY</b>	Windy Arbor Primary School (B37 6RN)	1pm – 3pm	14/1/25 – 25/3/25
<b>WEDNESDAY</b>	TEEN Alderbrook School (B91 1SN)	5pm – 7pm	29/1/25 – 9/4/25

**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.



<b>MONDAY</b> 12.30pm – 2.30pm  <b>Riverside Family Hub</b> (B37 5DP) 6/1/25 – 10/2/25  <b>Elmwood Place</b> Family Hub (B36 0UG) 24/2/25 – 31/3/25	<b>TUESDAY</b> The Bridge, Shirley (B90 3AG)  12.30pm – 2.30pm  7/1/25 – 11/2/25 25/2/25 – 1/4/25
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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:

