



**AUTUMN TERM 2023**  
 Open to all Solihull parents and carers



### BEING A PARENT GROUPS

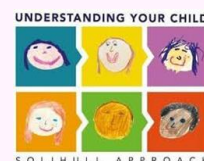
Led by trained parent volunteers, the groups provide you with the tools to help manage challenging behaviour, improve communication, and build a positive relationship with your child.

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	Evergreen, Kingshurst (B37 6DX)	9.30am – 11.30am	26/9/23 – 28/11/23
Tuesday	Virtual via Microsoft Teams	6pm – 7.30pm	26/9/23 – 28/11/23
Wednesday	Windy Arbor School (B37 6RN)	9.15am – 11.15am	27/9/23 – 29/11/23
Wednesday	Dickens Heath School (B90 1NA)	9.30am – 11.30am	27/9/23 – 29/11/23
Thursday	Marston Green Infants (B37 7AA)	9.30am – 11.30am	28/9/23 – 30/11/23
Thursday	Fitness First, Hobs Moat (B92 8DS)	9.30am – 11.30am	28/9/23 – 30/11/23
Thursday	Virtual via Microsoft Teams	6pm – 7.30pm	28/9/23 – 30/11/23

### 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, delivered face-to-face for 10 sessions:



Monday 9.30am – 11.30am  
 Widney Junior School (B91 3LQ)  
 18/9/23 – 27/11/23

Thursday 9.30am – 11.30am  
 Solihull College  
 Blossomfield Campus (B91 1SB)  
 21/9/23 – 30/11/23

### 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.

TUESDAY 10am – 12pm  
 The Bridge, Shirley  
 (B90 3AG)  
 19/9/23 – 24/10/23  
 7/11/23 – 12/12/23

THURSDAY 10am – 12pm  
 Three Trees Community  
 Centre (B37 7TP)  
 21/9/23 – 26/10/23  
 9/11/23 – 14/12/23

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

