

Parenting Together

Is a 4-week interactive online programme that is run live by the Family Hubs team.

You can access in the comfort of your own home.

We offer mornings, afternoons and evenings.

Week One: Parental Wellbeing, Family Scripts, Understanding Behavior as Communication

Week Two: Building Secure Attachment, Fostering Positive Relationships and Emotional Regulation

Week Three: Setting Boundaries, Exploring Consequences and Promoting Positive Parenting

Week Four: Keeping Children Safe - Online, Offline and in the Community

Upcoming start dates

Tuesday 15th July for 4 weeks 12:30-14:30

Tuesday 12th August for 4 weeks 18:30-20:30

Friday 12th September for 4 weeks 10:00-12:00

To register your interest and to book a space, please click on the link below.

<https://forms.office.com/e/sBrYnfYiBv>

Family Hub drop ins

Join us for advice, guidance and themed discussions with our family Hubs teams

Monday	Dawley Town Hall, Dawley TF4 3JR – Term Time	10am- 12noon
Tuesday	Silver Birch Hub, Sutton Hill, TF7 4HG – Term Time	10am- 12noon
Wednesday	Southwater Library- Children's section	9:30am- 12:30pm
Thursday	Arleston Community Centre, Wellington, TF1 2AB- Term Time	10am- 12noon
	The Hub, Newport, TF10 7BH	10am- 12noon
Friday	Donnington Community Hub TF2 7PR – Term Time	10am- 12noon

PODs Little Buds group - A new group run by PODs. Starting 14th July .

‘Little Buds’ – Join us for a stay and play group designed with your extra small buds in mind, this group is for children who are born premature or who have had a stay at the Neonatal unit.

Little Buds runs on Mondays during term time from 10-11.30 a PODs, 1 Hawkstone rd, Central Park.

[Notice Board](#) – to keep up to date with all new services