

Free parent groups – funded by Lloyds TSB

The Lincs Centre Eastleigh

‘Stress-busting for parents’ 1 sessions.

Is it all too much? Take time out to share some of the pressures of being a parent and discover new ways of coping.

Tuesday 1st February 7-9pm

‘Less Shouting more co-operation’ 5 sessions.

Do you spend your life nagging? Ideas on how you and your child can get what you need without falling out.

Starting Wednesday 23rd February - 23rd March 7-9pm

Wells Place Centre, Eastleigh

‘Preparing for teenagers’ 1 sessions.

Get ready for life with a teenager – how you can ease the journey for both of you

Tuesday 1st February 7-9pm

‘Coping with Teenage issues’ 4 sessions.

Being the parent of a teenager can be a challenging and confusing time. Here is a chance to develop your skills to deal with issues such as smoking, alcohol, eating & sex

Starting Tuesday 22nd February – 15th March 7-9pm

‘Bringing up children after splitting up’ 3 sessions.

How to work together for the benefit of your children even though you are not longer a couple.

Starting Tuesday 22nd February – 8th March 10-12am

‘Dealing with Anger’ 5 sessions

Does your home sometimes seem more like a battlefield? This group will help you learn how to deal positively with anger.

Starting Thursday 24th February – 24th March 7-9pm

Knightwood Leisure Centre Skys Road Chandlers Ford

'Dealing with Tantrums' 1 session.

Ideas and skills to help when you are caught in that whirlwind.

Tuesday 8th February 10-12am

'Lets Play' 3 session.

Children need to play – how parents can help and enjoy themselves too!

Starting Tuesday 1st – 15th March 10-12am

To book a place on any of the courses please call **Parentline Plus** and ask for Lesley on

023 80619826