






| | |
|--|---|
| <p>Single Parent, Separated and Blended families – supporting children to cope with different family dynamics.</p> <p>A 2-hour session looking at:</p> <ul style="list-style-type: none"> • Different family dynamics and how they can work. • Parental conflict resolutions • Being the best parent that you can be for your child |  |
| <p>Monday 12th May 2025 @ Bracknell Open Learning Centre</p> | <p>6.30 – 8.30 pm</p> |
| <p>Parenting pre / early-teens in a Positive Way (aged 10 – 13)</p> <p>A 2-hour session looking at:</p> <ul style="list-style-type: none"> • Gain insight into the impact of your parenting style! • Positive techniques for managing older children’s behaviour. • Boosting your relationship and communication with your child. |  |
| <p>Thursday 1st May 2025 @ Bracknell Open Learning Centre</p> | <p>6.30 – 8.30 pm</p> |
| <p>Parenting your older teenagers in a Positive Way (aged 13 - 16)</p> <p>A 2-hour session looking at:</p> <ul style="list-style-type: none"> • How to listen so teens talk and talk so that teens listen • Boundaries and impact around tech and social media • Supporting teens to navigate the pressures that they face |  |
| <p>Monday 9th June 2025 @ Bracknell Open Learning Centre</p> | <p>6.30 – 8.30 pm</p> |
| <p>Supporting a smooth transition from Year R to Year 1 and beyond (not school specific)</p> <p>A 2-hour session looking at:</p> <ul style="list-style-type: none"> • What’s involved in transition from reception to year 1. • The best ways to support the transition. • Boosting your child’s resilience to cope with the change |  |
| <p>Thursday 22nd May 2025 @ St Margaret Clitherow (parents from this school only – please book through school)</p> | <p>9.30 – 11.30 am</p> |
| <p>Thursday 22nd May 2025 @ Bracknell Open Learning Centre</p> | <p>6.30 – 8.30 pm</p> |
| <p>Thursday 5th June 2025 @ Fox Hill (parents from this school only – book directly through school)</p> | <p>1 – 3 pm</p> |
| <p>Thursday 19th June 2025 @ Harmans Water (parents from this school only – book directly through school)</p> | <p>9 – 11 am</p> |
| <p>Supporting a smooth secondary school Transition (YR 5/6 parents)</p> <p>A 2-hour session looking at:</p> <ul style="list-style-type: none"> • What the transition involves • The positives and concerns of transitioning to a new setting • Boosting your child’s ability to have a smooth transition |  |
| <p>Monday 19th May 2025 @ Bracknell Open Learning Centre</p> | <p>6.30 – 8.30 pm</p> |
| <p>Tuesday 20th May 2025 @ Winkfield St. Mary’s (parents from this school only – please book through school)</p> | <p>1.15 – 3.15 pm</p> |
| <p>Monday 2nd June 2025 @ St Michael's Easthampstead (parents from this school only – book through school)</p> | <p>9 – 11 am</p> |

| | |
|--|-----------|
| Tuesday 3 rd June 2025 <i>@ Owlsmoor (parents from this school only – book directly through school)</i> | 9 – 11 am |
| Tuesday 3 rd June 2025 <i>@ St Margaret Clitherow (parents from this school only – book directly through school)</i> | 6 – 8 pm |
| Friday 6 th June 2025 <i>@ The Pines (parents from this school only – book directly through school)</i> | 9 – 11 am |
| Thursday 12 th June 2025 <i>@ Meadow Vale (parents from this school only – book directly through school)</i> | 9 – 11 am |
| Friday 13 th June 2025 <i>@ Great Hollands (parents from this school only – book directly through school)</i> | 9 – 11 am |
| Tuesday 17 th June 2025 <i>@ St. Josephs (parents from this school only – book directly through school)</i> | 9 – 11 am |

If there are no suitable dates, please let me know so that I can add you to the waiting list for future sessions