



SPRING TERM 2024

Open to all Solihull parents and carers



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES

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	Virtual via Microsoft Teams	6pm – 7.30pm	16/1/24 – 19/3/24
Wednesday	Dickens Heath School (B90 1NA)	9.30am – 11.30am	17/1/24 – 20/3/24
Thursday	Virtual via Microsoft Teams	6pm – 7.30pm	18/1/24 – 21/3/24
Friday	Meriden Adventure Playground (B37 5TB)	10am – 12pm	19/1/24 – 22/3/23

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	Castle Bromwich Juniors (B36 0HD)	9.30am – 11.30am	8/1/24 – 18/3/24
Tuesday	Bishop Wilson Hub (B37 7TR) *TEEN*	9.30am – 11.30am	9/1/24 – 19/3/24
Thursday	Valley Infant School (B92 9HQ)	9.30am – 11.30am	11/1/24 – 21/3/24

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 OR 12.30pm-2.30pm

The Bridge, Shirley
(B90 3AG)

9/1/24 – 6/2/24

20/2/24 – 19/3/24

THURSDAY

10am – 12pm

Three Trees Community
Centre (B37 7TP)

11/1/24 – 8/2/24

22/2/24 – 21/2/24



Book your place now, or find out more by contacting Solihull Parenting Team at:
bsmhft.parenting@nhs.net
or book via the Eventbrite QR code below:

