



SUMMER TERM 2025

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 start with a welcome session & then run weekly for a further 8 sessions:

TUESDAY	Virtual via Microsoft Teams	6pm – 7.30pm	6/5/25 – 8/7/25
---------	-----------------------------	--------------	-----------------

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 unless specified, delivered face-to-face for 10 sessions:



TUESDAY	Shirley Heath Outreach Hub (B90 3DS)	1pm – 3pm	6/5/25 – 15/7/25
WEDNESDAY	Three Trees Community Centre (B37 7TR)	5pm – 7pm	7/5/25 – 16/7/25

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
The Bridge, Shirley
(B90 3AG)

12.30pm – 2.30pm

29/4/25 – 10/6/25
17/6/25 – 9/7/25

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:

