

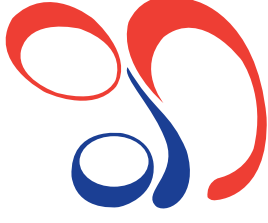
About the Group Leaders

Contact for the group

or phone

Contact for the venue

or phone



Mellow Parenting Group



Information for parents

What is Mellow Parenting

Mellow Parenting helps parents who for one reason or another struggle with the challenges of parenting.

- We will meet one day a week for 14 weeks
- There will be a maximum of 10 parents in the group
- Each week the group will be split into 3 parts –

Personal Group
Activity and snacktime with child
Parents Workshop



Other information

Use of video



We will take a video of you and your children before the group starts. Nobody likes to be videoed but we have

found it is a great way to look back on you and your children.

The video belongs to you and you will be able to watch it through with staff before choosing a clip to share in the group.

Most people are usually surprised at how much is going on between parents and children when they get the chance to see it on film!



When, where etc . . .	Information session on:
Then every:	
At:	