

# Family Hub

## Being a Parent Together



### 3x Weekly Workshops

For parents and main carers who co-parent their children, aged 2 - 11 years, whether living together or apart, who want to attend a parenting programme together.

Parents want the best for their children, and sometimes it can be hard to agree about how to do this. These Workshops explore:

- Parenting as a team
- Expressing and acknowledging feelings
- Communication styles and reflective listening.
- Using Praise and Consequences

### Online with Zoom

Date: 29 Feb – 14 March  
Time: 7.30 – 9.30pm

### To book your place visit:

[soton.cc/familyhub-parentingreferral](https://soton.cc/familyhub-parentingreferral)

For more information please contact:

[Familyhub@southampton.gov.uk](mailto:Familyhub@southampton.gov.uk)



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[www.soton.cc/familyhub](http://www.soton.cc/familyhub)

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