We have spaces on our:

Being a Parent Together Workshops

3 weekly 2 Hour workshops Online

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

These Workshops explore:

Parenting as a team

Expressing and acknowledging feelings

Communication styles andreflective listening.

Using Praise and Consequences

Being A Parent Together

Online Workshops: Zoom

Date: 13th-27th June

Time:7.30pm-9.30pm

If you would like to make a referral please use the link below:

[Parenting, training and community learning course referral |Southampton City Council](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fscccrmportal.southampton.gov.uk%2Fservices%2Fparenting-training-community-learning-courses-referral&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7Cbf7fc73fc6c34dce87ce08dc7bcb9247%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638521361464143813%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=hZqSulyzApTeW1%2B7MtKQcNKhFMFZxDKfDm65CzbxKyc%3D&reserved=0)

If you have any enquiries please email: [Familyhub@southampton.gov.uk](mailto:Familyhub@southampton.gov.uk)