

Family Hub

Being a Parent



9-week course for parents and carers of children aged between 2-11 years.

Supporting parents to learn practical communication skills to enable our children to be confident, happy and co-operative.

The programme explores:

- Expressing and acknowledging feelings
- Play
- Communication styles and reflective listening.
- Using Praise
- Discipline Strategies

The Ashby Centre Family Hub	Hardmoor Early Years Centre
17 September – 19 November	26 September – 28 November
12.30 – 2.30pm	9.30 – 11.30am
Creche available	Creche available

To book your place visit:

soton.cc/familyhub-parentingreferral

For more information please contact:

Familyhub@southampton.gov.uk



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LOCATIONS

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Stratton Road,
Southampton, SO15 5QZ
023 8054 0135

Hardmoor Early Years Centre
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Green, Southampton
SO16 3EP

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