



Remind Yourself: Promoting Positive Families

Remind yourself is a FREE group created to remind parents / carers of all the brilliant parenting techniques they already have.

During our 5 week course we will 'remind you' about lots of different strategies that can help your family.

Sessions include:

Playing, praise and rewards, family routines, positive communication and how to Regulate, Relate and Reason with your child.

Suitable for parents/carers of children aged 2-9 years

Brownlee Stone Centre, Town Street, Horsforth, LS18 5BL

Wednesday's 2nd March – 30th March (5 weeks)

10am – 11.30am

If you would like further information about the programme, or to book a place email leeds.groups@family-action.org.uk

*****Booking is required to attend this programme*****

Places are limited to allow for social distancing