



Practical Strategies for everyday family life

We use the Parent Gym programme to offer supportive and non-judgemental practical tips and techniques to help family life run more smoothly.

The programme has been developed by leading psychologists to address six parenting priorities:
Communication, Love, Managing Behaviour, Health, Learning and Handling conflict.

**Thursdays for 6 weeks 30/4/26 to 11/6/26
9.30am – 11.30am**

How to book

We use Eventbrite for all our bookings.

Parent Power – HCS & NWLCS -

<https://www.eventbrite.co.uk/o/parent-power-hcs-nwlc-107034234421>

For more information:

Call 0113 3367724

info@horsforthchildrensservices.co.uk or info@esnorthwest.co.uk

ALL Courses are based at the Brownlee Stone Centre, Town Street, LS18 5BL (next to Horsforth Library)

