



**Primary Family Support Group**  
**Empowering parents to**  
**build healthy relationships**  
**with their children**

**Time: 12.45 – 2pm**

**Venue: Sutton Youth Centre, Robin Hood Lane, Sutton**

**Dates:**

- 14.09: Introductions, family star, ground rules, parenting styles
- 21.09: Parent's mental health and wellbeing
- 28.09: Communicating with Children
- 05.10: Online Safety
- 12.10: Rules, boundaries sanctions rewards – bedtimes etc/conflict
- 19.10: County lines
- 02.11: Supporting Children's mental health, anxiety, self esteem
- 9.11: Impact of trauma on your child
- 16.11: Attention and concentration/ADHD
- 23.11: Sexual health
- 30.11: Review ending, what next evaluation

**All welcome**

*Whilst we know that some parents may not be able to attend every session, we would love to see parents at as many sessions as they can*

*We ask that parents text us to let us know you are attending and so that we can be prepared for numbers and plan the environment and refreshments accordingly.*



We would like to extend this invite to all parents of a primary aged child in the London Borough of Sutton. We hope to offer parents a safe space to meet other parents in a similar situation to learn more about different topics and explore new ideas that will support your child's social emotional growth and development.

Parents will:  
Feel more empowered and confident to trust their own judgements when supporting their children

Build self-esteem and confidence

Share ideas and tips with each other

For more information and to discuss any queries please call or email either Nibby Withers or Fran Osborn

Nibby: 07984 757878

[Nibby.withers@cognus.org.uk](mailto:Nibby.withers@cognus.org.uk)

Fran: 07736 338603

[Fosborn2@suttonmail.org](mailto:Fosborn2@suttonmail.org)