



No one ever says being a parent is easy but there are times when you can feel its just too difficult. There are ways to make life easier and improve your relationship with your child.

This is a unique opportunity to attend a short programme designed and run by a parenting expert. Each week covers different aspects, the group will be open, informal and friendly. The programme is suitable for parents of children aged 5-10yrs.

**Sessions will cover;**

- \* The challenge of parenting
- \* The power of the listening parent -listening is learned
  - \* Communication is the key
- \* The battle for control - conflict and co-operation
- \*Maturity and responsibility - pets and pocket money, choices and consequences

This programme is available free of charge but numbers are limited and **booking essential.**

*PLEASE NOTE CHANGE OF START DATE :*

**Thursday 5th October - 4 weeks**

**7.00pm-9.00pm**

**Held at Westfields Junior School, Yateley**

To book please contact Alison Clarke on 01252 408218 or book online [www.adultandcommunity.co.uk](http://www.adultandcommunity.co.uk)