

Stressed! Had enough! Can't cope anymore! No Fun!

We will be running a targeted 7 weeks shorter version of Nurturing Parenting Programme in Urdu/Punjabi/Hindi for parents/carers of children with additional needs such as Autistic spectrum disorders, ADHD, Physical, Emotional and Learning difficulties.

There are 6 sessions in total, each running for 2 hours. You will receive certification once you have completed the programme.

To find out more about it, come to our Introduction workshop

Delivered Online via Zoom

Date: 5th of October 2021

Time: 10:00 am – 11:00 am

Visit www.parentingu.co.uk/latest-events/ to register your interest

A link to join the programme will be provided!

Programmes can be offered for Teenagers but this need to be commissioned

Contact Us

☎ 07506414081/02089301081

✉ parentdata@parentingu.co.uk

ParentingU is a specialist service Working with all communities.

Family
Links



Sat Shri
Akaal

Namaste

As-salamu
Alaikum



Register Now

How Nurturing Programme parent groups have helped other parents:

"I am a much more confident, positive and understanding parent. I feel much more able to cope now."

"We are having less family arguments and the household is a lot calmer."

"The group was fun. It's the only two hours I have for myself each week."

"The atmosphere was really relaxed. No-one judged anyone and everyone was listened to and respected."

