

# WHAT PARENTS, CARERS AND YOUNG PEOPLE HAVE SAID ABOUT US:

"Would recommend **Parent Nurturing Programme** to any parent especially new parents like myself. I have learnt a ton of useful and helpful information which I have started using and will continue to use and plan for the future. The team were all amazing,

"I feel completely at ease in the **Parent Nurturing** group. It's a wonderfully warm, open and honest environment."

"Learning about development and temperament has made me realise that he will do things in his own time and all I can do is understand and support. I'm less anxious now." (**Parents Plus & Parents First**)



**Strengthening Families** was a fantastic course, experience, life lesson and solution to our significant problems. All the team were absolutely incredible in the group and our family situation has turned around as a result.

"If you are considering **Gro Brain** do it! Great way to meet other parents, learn about how your baby develops and it's great for your baby who gets to play in the crèche. Great course, great stuff!"

"My daughter loved the crèche. She normally gets anxious and cries when being left at childcare, but she enjoyed this crèche from the very first session. Different ideas and activities and snacks every week – some in response to specific needs/requests/preferences – Brilliant! Amazing kindness, empathy & thoughtfulness. Couldn't be happier with this crèche! My daughter talks about it all week after the sessions. Thank you."

"The few weeks of progress felt like there was some hope. I feel positive about being a parent for the first time in a long time." (**Parents Plus & Parents First**)

"I enjoy the sessions as I know that everyone is in the same situation as me and no one judges." (**Teen Triple P**)

"I am much more confident and able to cope now."



"Spending time with my parents made us closer and we had lots of fun together."

"I've learnt how to stay calm and know what to do when I feel stressed."

"I now know how to handle peer pressure."