

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

"The thing I found most useful from was knowing there was someone to talk to, to discuss problems about my child, who understood. I am more confident in myself as a parent now."

"The course helped me to see things from my child's point of view."

"I've learnt how to change & grow with my child - to set limits but remain caring and loving."

"We achieved what we thought was impossible. We are now more able to control our child's outbursts and meal times have become more enjoyable for us all."

"Excellent Group, very interesting – really enjoyed it. Learnt a lot about helping my baby develop."

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

"I've got a better understanding of his behaviour, development and behaviour management techniques."

"Very informative. I enjoyed meeting other mums and dads and voicing my concerns."

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

"I now know how to handle peer pressure."

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

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

