



Time Out For Parents Children with Special Needs

**Sessions for anyone parenting children
with special needs aged 3 – 11**

**7 weeks (2 hours each, term time)
Starting on Thursday 15th January till 5th March 2015
10am-12
Cost £14**

**@ Treasure Seekers,
52, Westgate Street, Gloucester, GL1 2NF
Contact Gill Parkinson 01452 228489**

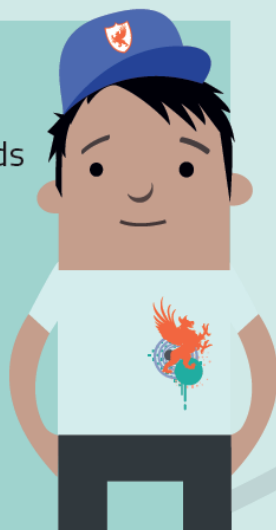
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Positive Parenting Time Out for Parents courses from Care for the Family provide common sense, jargon-free information and ideas to help you to engage with your children and boost your relationship.

If you have children with special needs aged 3 - 11, then *Time Out For Parents - Children with Special Needs* is for you. Over seven sessions you'll increase your skills and confidence as a parent and discover practical tools to make your relationship with your child even better.

The sessions

- Session 1** Parenting children with special needs
- Session 2** Self-esteem
- Session 3** Coping with your feelings
- Session 4** Understanding behaviour
- Session 5** Managing behaviour
- Session 6** Home and school issues
- Session 7** The wider family



Care for the Family Garth House, Leon Avenue, Cardiff CF15 7RG
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