



ParentingNI



Top Tips for Parents living in the Craigavon, Lurgan & Banbridge areas of Northern Ireland

Come and join us for FREE online
sessions to find out more about the
following topics:

Parents Self-Care

Tuesday 10th October 2023, 10.30am - 11.30am

Parents will have the opportunity to learn more top tips for self-care

[Please click to register](#)

The Power of the Parent Child Relationship

Wednesday 18th October 2023, 10.30-11.30am

Parents will be introduced to top tips and strategies to develop and
promote the relationship between parent and child

[Please click to register](#)

Building your Childs Resilience

Tuesday 24th October 2023, 7pm - 8pm

Parents will be introduced to tips and strategies to raise their child's
resilience, whilst understanding the importance of raising
resilient children.

[Please click to register](#)

Online session details will be sent following registration.

Support Line: 0808 8010 722

www.parentingni.org

These sessions have been funded by the Southern Health and Social Care
Trust for parents living within the geographical boundaries of the SHSCT
area, however PRIORITY will be given to THOSE LIVING IN THE Lurgan,
CRAIGAVON & BANBRIDGE areas .

