

THE FAMILY COACH SERVICE'S PARENT EMPOWERMENT GROUP SUMMER TERM 2023

THERE ARE 10 SPACES AVAILABLE
AT EACH GROUP
SEND US AN EMAIL TO RESERVE
YOUR SPACE TODAY
FAMILYCOACH@HACKNEY.GOV.UK

Build your confidence and reduce stress as a parent

- Would you like to feel more confident in your parenting?
- Are there stressful moments that you'd like to manage better?
- Across 5 weeks we'll give you the tools to feel more confident and less stressed

WEEK 1

Reasons why you are a good parent

- Who thinks you are a good parent?
- Your relationship with your child
- Goal setting and The Wheel of Life



WEEK 2

Identifying your strengths as a parent

- What are your strengths?
- Moving from A to B
- The WHY behind the WHAT
- Your strengths and your goals



WEEK 3

How to manage your anxiety

- How do you know if you're stressed or anxious?
- What do you currently do to support these feelings?
- MIND
- Hot Cross Bun



WEEK 4

How to manage stress

- How do you know if you're stressed or anxious?
- What are you currently doing to manage these feelings?
- Take a deep breath
- The Stress Bucket



WEEK 5

What would you do if you knew you couldn't fail?

- The Dare Question
- Fear Setting
- Reflecting on and updating our goals.



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TUESDAY'S
9:30 - 10:30AM

**Woodberry Down
Community Primary
School, N4 1SY**



WEDNESDAY'S
9:30 - 10:30 AM

**Jubilee Primary
School, N16 6NR**



What other parents say... ✨

100% of parents who attended previous groups would recommend the groups!

'It's nice to meet other parents that are going through similar things as me'

'I now believe that I am a good mum and am doing my best'

WEDNESDAY'S
12:30 - 1:30 PM

Online
The link will be sent to you once you sign up.

THURSDAY'S
10 - 11 AM

Ickburgh School, E9 5RB
For parents of children at Specialist Schools or Alternative Resource Provisions.



FRIDAY'S
9:30 - 10:30 AM

**Mandeville Primary
School,
E5 0BT**

