

**Are you a
parent/carer
of a child
aged 2-11
years?**



Being a Parent

A free 9 weeks course delivered by local parents to local parents.

Topics covered:

- ✓ Understanding and managing your child's emotions
- ✓ Positive parenting strategies
- ✓ Looking after yourself as a parent

Find out more

email: parenting@halton.gov.uk | **telephone:** 0151 511 6757



**EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES**

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with Halton Family Hubs

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