



Strength-based Parenting Programme

This 6-week course focuses on helping parents understand more about strengths and how to spot them in their children. It also helps parents identify their own strengths and how they can use these to help when challenges arise.

Strength-based parenting is an evidence-based approach that has been shown to increase parental well-being and help parents feel less stressed.

Research has also shown that children who have parents that are strengths-focused have higher levels of well-being, improved life-satisfaction, and increased resilience.

Date: Thursday 16th May – Thursday 11th July (excluding half term)

Time: 12:00 – 13:30 (lunchtime)

Venue: The Bridge Child & Family Centre, Le Geyt Road

How can I take part? Please contact the Children and Families Hub team on 01534 519000, or email childrenandfamilieshub@gov.je

The Children and Families Hub provides information, advice and support for children, young people and families.

To find out more, scan the QR code or visit www.gov.je and search for *Children and Families Hub*

