

Parenting Skills and Strategies Drop-in sessions

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| <p>Mulberry Children's Centre</p> <p>Every Thursday afternoon</p> <p>1.00pm—3.00pm</p> | <p>Bincombe Children's Centre</p> <p>2nd Tuesday of the month</p> <p>10.00am—12.00pm</p> |
| <p>Outlooks Children's Centre</p> <p>4th Monday of the month</p> <p>10.00am—12.00pm</p> | <p>For more information & to book a slot</p> <p>please contact the Chesil Locality on</p> <p>01305 762400</p> |



Chesil Locality

Parenting Skills and Strategies (PSAS) Drop-in

Parenting advice and guidance for any
family member responsible for a young
person between 0—19 years



Come along to one of our drop
in sessions

BOOKING REQUIRED



What are Parent / Carer PSAS drop ins?

These weekly drop-in sessions are for you to attend to get practical and friendly parenting support.

I've never been to a drop in session before — does that matter?

Not at all! Come along—this is where we help you find some hints and tips around parenting challenges.



I'm worried everyone will be perfect parents

There is no such thing as a perfect parent. This group is for real parents and carers who are seeking a bit of parenting support to improve their family life.

My child isn't a toddler—isn't this for young children?

The locality is a group of professionals trained to work with families with children **aged 0-19**. We draw on the different expertise of the team members and partner agencies to make sure that we support all families in the Chesil area.

What if I need a bit more support?

If you feel that you would benefit from more regular support, together, we can assess what your needs are and work out the best support route for you.