TOGETHERNESS
Bringing the Solihull Approach to the world

Coffee Morning and 2-Hour Adolescent Brain Development Workshop for All Parents and Caregivers of Pre-Teenage and Teenage Children.

Birmingham Childrens Trust and The GBNFC Group invite you to join us at The Chinnbrook Centre Best Start Family Hub for a coffee morning that gives a chance for parents and caregivers to come together to share their parenting experiences in a friendly and supportive space, to engage with support offered by the GBNFC Group and learn about Adolescent Brain Development and the impact on behaviour from the Togetherness Team.



This 2 Hour Workshop Covers:

- A Free Coffee Morning with Tea, Coffee and Refreshments
- Update from Birmingham Childrens Trust Parenting Team and the GBNFC Group at the Chinnbrook Best Start Family Hub
- An Introduction to Adolescent Brain Development
- Sleep Routines and Peer Relationships
- The Impact Positive Parenting has on Healthy Adolescent Brain Development

Please come and Join us for this event:

Venue: **GBNFC at The Chinnbrook Centre** 213 Trittiford Road, Birmingham, B13 0ET

Date and Time: Wednesday 18th November 09:30am to 11:30am

TOGETHERNESS
Bringing the Solihull Approach to the world

Coffee Afternoon and 2-Hour Baby and Child Brain Development Workshop for All Parents and Caregivers of Babies, Toddlers and Young Children.

Birmingham Childrens Trust and The GBNFC Group invite you to join us at The Chinnbrook Centre Best Start Family Hub for a coffee afternoon that gives a chance for parents and caregivers to come together to share their parenting experiences in a friendly and supportive space, to engage with support offered by the GBNFC Team and learn about Child Brain Development and the impact on behaviour from the Togetherness Team.



This 2 Hour Workshop Covers:

- A Free Coffee Morning with Tea, Coffee and Refreshments
- Update from Birmingham Childrens Trust Parenting Team and the GBNFC Group at the Chinnbrook Best Start Family Hub
- An Introduction to Baby and Child Brain Development
- Introduction to Reciprocity
- Information about Togetherness Parenting Support Groups

Please come and join us for this event:

Venue: **GBNFC at The Chinnbrook Centre** 213 Trittiford Road, Birmingham, B13 0ET

Date and Time: Friday 4th December 12:30pm to 2:30pm