# PARENTING GROUPS & COURSES

## BIRMINGHAM FAMILIES: BUILD EVERYDAY EMOTIONAL RESILIENCE!

Big feelings, how the brain works, and relationship ideas for happier lives.

Families can access a range of parenting groups and workshops throughout Birmingham Best Start Family Hubs and community venues. Sessions are available in hubs, community venues and online, making it easier for parents and carers to join in a way that suits them.

## OUR OFFER INCLUDES :

### EMPOWERING PARENTS, EMPOWERING COMMUNITIES (EPEC)

Offers behaviour support and practical parenting strategies to help families understand and meet their child's needs while promoting positive wellbeing.

### APPROACHABLE PARENTING

Build confidence, understand your child's needs and tackle everyday challenges with psychology-informed guidance and insights from the Islamic faith. Open to all parents.

### TOGETHERNESS

Supporting the bond between parent-child, understanding importance of behaviour and emotions through positive communication. Promoting confidence, reflection and resilience.

**FIND OUT WHAT GROUPS ARE COMING UP**

In addition to locally organised groups we have an online Togetherness offer that is always there - any day, any time - for people to access.

Scan the QR code for free online learning. Pathways available for parents, carers, grandparents and teens

FREE Access Code: COMMUNITY

**FOR MORE INFORMATION OR ANY QUESTIONS EMAIL:**

Birmingham.gov.uk/familyhubs

Familyhubs@birmingham.gov.uk