



## Primary Family Support Group

### Empowering parents to build healthy relationships with their children

**When:** Wednesdays at 12.30 -1.45pm

**Venue:** Limes College, Sutton West Site, Robin Hood Lane, Sutton, SM1 2SD

**Entrance:** The group will take place at the top of the site, in the old Youth Centre building on the main road (Robin Hood Lane) via a green gate and a purple door

**Dates:**

**04/03/26:** Introductions, parenting styles, starting to think about behaviours you would like support with

**11/03/26:** Parental mental health and well-being

**18/03/26:** Promoting positivity in children

**25/03/26:** Behaviour, expectations and boundary setting

**15/04/26:** E Safety

**22/04/26:** Promoting resilience, children's mental health, well-being and self-esteem

**29.04.26:** Pulling it all together and evaluation

**All welcome!**

**Whatever challenges you are facing – you are welcome to come along for support!**

We would like to extend this invite to all parents of a primary aged child in the London Borough of Sutton. We hope to offer parents a safe space to meet other parents in a similar situation. To learn more about different topics and explore new ideas that will support your child's social emotional growth and development.

*Whilst we know that some parents may not be able to attend every session, we do encourage parents to attend as many sessions as possible. As the group develops with each session, trust and relationships will build, and parents will hopefully feel more supported by each other and grow in confidence.*

Once you have signed up to the group, we ask that parents contact Jodie or Nibby if for some reason you are unable to attend that week

Parents will:  
Feel more empowered and confident to trust their own judgements when supporting their children

FOR MORE INFORMATION AND TO REGISTER YOUR INTEREST AND TO DISCUSS ANY QUERIES PLEASE EMAIL EITHER: NIBBY, JODIE OR JACKIE

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