



17th September 2024

Free courses for parents

Please help us to spread the word about these free courses for parents, carers and grandparents to support children's emotional wellbeing and development. The courses have been put together by expert psychologists from The Solihull Approach. In Stockport we have purchased a licence to enable anyone living or working in Stockport to access these courses for free. The courses can be accessed at www.inourplace.co.uk/stockport and can be completed in your own time. Staff can also access the courses (use the postcode SK1 3XE when registering, if living outside of Stockport).

Understanding Your Child
SOLIHULL APPROACH

inourplace **NHS**

Supporting emotional health and wellbeing from 0-19+

Free online courses for all parents, carers, grandparents and teens

- Antenatal and postnatal baby bonding
- Understanding your child or young person
- Your child or young person with additional needs
- Teenager's feelings and brain development
- And lots more specialist courses

Designed by clinical psychologists in partnership with practitioners and parents

www.inourplace.co.uk

Residents of STOCKPORT

in paid partnership with **STOCKPORT** METROPOLITAN BOROUGH COUNCIL

ONE STOCKPORT Family Hubs

Stockport Family Partnership

NHS Stockport North Foundation Trust

Use Access Code **REDROCK**

EPEC (Empowering Parents, Empowering Communities)

EPEC is a successful, popular parenting programme delivered **for** parents **by** parents in their community. Topics include: Taking care of yourself, play & spending time with your children, understanding children's behaviour, discipline strategies, listening and communication, coping with stress and more...

Places still available - Booking is essential!

Autumn 2024 Courses

Being a Parent *For parents and carers of children aged 2 – 11 years – all welcome!*

Abingdon Road Family Hub, Reddish Vale Road, Reddish. SK5 7ET

Wednesday 25th September 9.30am – 11.30am – for 9 week (term time only)

Being a Parent in Arabic *For parents and carers of children aged 2 – 11 years – all welcome!*

Garners Lane Family Hub, Garners Lane, Adswold. SK3 8QW

Thursday 3rd October 10.00am – 12.00 – for 9 week (term time only)

Living with Teenagers *For parents and carers of adolescents aged 11 - 16 years – all welcome!*

Virtual (Online) Sessions Tuesday 24th September 6pm – 8pm – for 9 week (term time only)

Being a Parent Together (Bitesize) *For those co-parenting / caring to attend together*

Virtual (online) sessions – 3 sessions

Monday 30th September 6pm – 8pm for 3 weeks (term time only)

To secure a place on any of these courses, or if you have any questions please email us on admin.epec@stockport.co.uk or call 0161 474 4400 option2.

Kind regards

Katherine Muncaster

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Executive Headteacher