

The Nurturing Programme



Build family wellbeing, stronger relationships, and positive discipline

The Nurturing Programme is a supportive 10-week evidence-based accredited course for families with primary school aged children. It is designed to help parents and carers understand the 'why' behind behaviours while promoting emotional wellbeing for the entire family. Through group discussions and activities, you will discover effective communication, positive relationships, and practical positive discipline strategies. Suggested donation of £10 for a copy of the Parenting Puzzle book that accompanies the course. Created by The Centre for Emotional Health.

Wednesdays, 23rd September – 2nd December (not half term)

12.30pm – 2.30pm

Heathfield Children's Centre, Powder Mill Lane, TW2 6EX

A creche is provided for this session - limited spaces available.

To book your place on to this course, please scan the QR code or visit <https://forms.gle/zd9v3NCdkXen7x6Q8>.

To find out more, contact Tom Maybey, Richmond Parenting Lead.
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