

Dear Parents,

We have agreed to offer a parenting course to all parents throughout the school. The course has been recently offered to us and is run over 8 weeks and will be facilitated by Carmel Bridson, who is a retired health visitor, a Mum and a Grandmother with a long standing connection to school.

The price of the course will be just £8.50 to cover the cost of the workbook, which can be kept and referred back to during your parenting years.

The Family Caring Trust course is entitled, "What Can A Parent Do? Practical Skills To Help Parents (of Children 5-12)" Evaluations of the programme suggest that it can increase parental confidence, improve family relationships and equip parents with practical strategies to manage behaviour without conflict.

It goes without saying that this is in absolutely no way an indictment on anyone's parenting skills; it is just another service to provide for anyone who feels that it may be beneficial to them.

We aim to start the course in January and therefore if you are interested please complete the attached slip and return it to the school office so can get an idea of the numbers attending.

Come along and meet other parents in a relaxed, safe, supportive environment!

Thankyou,

Mr Talbot & Carmel Bridson

Parenting Course – St.Mary's Catholic Primary School

I would be interested in attending the above course.

Name (Please Print): _____

Telephone Number: _____