

Promoting parent-child relationships

A group for mothers of children aged 0-3

**10th September –
17th December,
9.30am – 2.30pm
at
Selhurst Children's
Centre,
23 Dagnall Park
SE25 5PL**

A group programme to help you

- **deal with the challenges of being a parent**
- **learn about your child's development**
- **learn how to look after yourself and strengthen your relationship with your child**
- **meet other parents and find out about local services**

Each session is comprised of three parts, a personal group, a snacktime activity with your child and a parenting workshop.

If you would like to find out more or to book a place...

... speak to your midwife, health visitor, Best Start worker, Best Start Children Centre or contact Croydon's Parenting and Relationship Hub at

PRH@croydon.gov.uk