

# Online Parenting Support Group

Tameside Parenting team are offering online parenting support sessions for parents with teenage children.

The sessions are available to support parents who are struggling with any aspect of their family lives during this difficult time and will cover communication, routines and boundaries and behaviour difficulties.

They will concentrate on key messages alongside support from trained facilitators and will provide parents with an opportunity to share things that are working well and advise on how to cope when things are not working so well.

The first session will take place on Tuesday 21<sup>st</sup> April 2020 at 9.30am. Please see below for details on how to join in.



In association with;



# What you need to do next...

- Email your name, address, telephone number and ages of your children to [parentingreferrals@tameside.gov.uk](mailto:parentingreferrals@tameside.gov.uk)
- We will send you an invite to a group, how to access and will also confirm the time and date of the meeting.
- Please allow 45 minutes to an hour for the session.
- Grab a brew, find a quiet spot and join the group