



Parents Plus programmes are positive, proven parenting programmes, effective for children of all ages. Each programme gives practical tips to help parents with the ups and downs of rearing children.

Topics covered include:

- Building your child's confidence, learning and positive behaviour
- Improving your family's health and wellbeing
- Reducing your own stress as a parent
- Problem solving with your child and becoming closer

Each programme is run with a small group of parents by a trained facilitator.

"I think the Parents Plus course was fantastic. Each day coming out of the course, I felt more confident. Everything you taught us was easy to follow and really works. Thank you."

Louise, parent



Further details

A short, free, parenting course for parents preparing for, going through or who have gone through a separation or divorce.

Starting on Tuesday 20th Sept for 6 weeks. 7pm to 9.30pm

Location: Athy Community Family Resource Centre, Woodstock St. (R14 NN97) If you are interested, please call **059 8632899** or mail: **info@athycfrc.ie**

