

**Parenting Skills & Strategies Sessions are being held at the following times and venues from March 2018**

**Blandford Children's Centre,  
Black Lane, Blandford**  
**Contact Tel: 01258 480147**  
Fridays: 9.30 — 11.30

March 2nd      April 6th  
June 1st      July 6th

**Gillingham Hub, Riversmeet,  
Hardings Lane, Gillingham**  
**Contact Tel: 01747 859126**  
Wednesdays: 9.30 — 11.30

March 14th      May 9th  
June 13th      July 11th

**Shaftesbury Children's  
Centre, Wincombe Lane,  
Shaftesbury**  
**Contact Tel: 01747 850288**  
Mondays: 1.00 — 3.00

March 12th      May 14th  
June 11th      July 9th

**Sherborne Children's  
Centre, Tinney's Lane,  
Sherborne**  
**Contact Tel: 01305 224310**  
Mondays: 9.30—11.30

March 19th      May 21st  
June 18th      July 16th

For more information please contact your Family Partnership Zone direct or email the following address:

[northfamilypartnershipzone@dorsetcc.gov.uk](mailto:northfamilypartnershipzone@dorsetcc.gov.uk)

01305 224310

# Family Partnership Zone

## Parenting Skills & Strategies Sessions

**Need some help and advice on managing your child's behaviour in a calm and positive way?**



## **What are Parenting Skills & Strategies?**

These monthly drop-in sessions are for you to attend to get practical and friendly support alongside other parents/carers. It is based on the principles of well researched parenting programmes.

## **I've never been to a Parenting group before—does that matter?**

Not at all ! Come along—this is where we help you find some new ways to manage your child's behaviour in a calm and positive way. As parents you know your children better than anyone, we work with that knowledge to help you make changes.

## **What if I have already done a Parenting Course?**

This is for you too! We will help you to remember some of the great stuff you learnt, principles such as “When, Then” and “Special Time” and having “FUN”.

## **I'm worried everyone will be perfect parents ?**

There is no such thing as a perfect parent. This group is for real parents and carers, who are seeking a bit of support to improve their children's behaviour and change the way they interact with their children.

## **My child isn't a toddler– isn't this for young children?**

The Family Partnership Zone is a group of professionals trained to work with families with children aged 0-19. We draw on the different expertise of the team members to make sure that the behaviour management skills learnt by parents work across all ages of children.

## **What if I need a bit more support ?**

If you feel that you would benefit from more regular support, together we can assess what your needs are and work out the best support route for you.