



**Do you have children 5 to 15 years?**

**Would you like some support in coping with all the pressures of daily living and still meet young people's need for affection?**

**Come along to**

**Family Caring Trust Programme**

**A seven-week course for parents/ carers with a jargon free, common sense approach!**

- *'Connecting' with your child.*
- *Avoiding getting 'hooked in' as we do when we give negative attention.*
- *Avoiding angry confrontations.*
- *Giving good attention when it's not expected.*
- *Listening and letting your child talk.*
- *Giving responsibility, boosting self-confidence*
- *Recognising whose problem?*
- *'I' messages when you're upset*
- *Managing conflict*
- *Agreeing boundaries and consequences together*
- *Applying consequences.*

**The programme will run at**

**TNLP Office, Temple Learning Academy,  
Neville Road, Halton Moor, Leeds LS15 0NW**

**Thursday 22.02.18 – 29.03.18  
1pm – 3pm**

**For further information or to register your interest, please contact  
Bev Scott 07891276568 or Kath Riach 07891278259**

