

# Therapeutic Parenting Course

Our Therapeutic Parenting group is for parents who are concerned their child may have ADHD, or behaviours that make places and spaces unsafe to be in, or cause serious harm to themselves and others.

**ONLINE**

**Tuesdays 6th June - 11th July**  
**5.30pm - 7:30pm**



## Help improve:

- Your child's self-esteem & mental health
- Relationships
- Resilience and stress
- Your confidence as a parent

## Learn alongside other parents about:

- Why taking the time to play is important.
- How different language can help to manage emotions.
- How to creating and enforcing boundaries.
- How to help your child calm down
- Recognising the positives and how praise helps
- How incentives can help with behaviour change.
- Understanding consequences and how and when they are helpful.



**Age group: 4-11 years**

*"Before I came onto these sessions I used to think there was something wrong with my child but after coming onto these sessions I learnt something about myself" - parent*

To enquire or book your place please  
email [enquiries@lewishamcfc.org.uk](mailto:enquiries@lewishamcfc.org.uk)  
or call 07377 724243



[www.lewishamcfc.org.uk](http://www.lewishamcfc.org.uk)