

EMPOWER TO EDUCATE

PARENT SUPPORT PARTNERSHIP PRESENTS

R.I.S.E

REACH ● INSPIRE ● SUPPORT ● EDUCATE

AWARENESS RAISING SESSIONS FOR PARENTS

TOPICS AND SESSIONS

**SOCIAL MEDIA:
WHAT DO YOU
KNOW?**

**REDUCING FAMILY
CONFLICT**

**LOOKING AFTER
YOURSELF:
PARENTAL MENTAL
HEALTH & WELL-
BEING**

Are you concerned about your son/daughter's usage on social media? Do you know what they are doing?
Want to receive tips on reducing family conflict in the home?
What are you doing to look after yourself mentally & emotionally?

Please attend our zoom webinars delivered by practitioners who have local knowledge, some with lived experience.

To find out more on how to navigate through these challenges of parenting, please join us as we share information in a non-judgemental, safe space.

**REGISTER HERE:
PARENTING@DUDLEY.GOV.UK**
FOR MORE INFORMATION PLEASE CONTACT
PARENTING@DUDLEY.GOV.UK
SHARON WILLIAMS
& PARENTING
SUPPORTING FAMILIES
COORDINATOR
07827873377

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RISE

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DATES AND TOPICS BELOW FOR THE MONTH OF OCTOBER 2021:

Social Media: What do you know?

Tuesday 5th October

10.30am - 12.00pm

Tuesday 12th October

6.00pm - 8.00pm

Reducing Family Conflict

Tuesday 19th October

6.00pm - 8.00pm

Looking after yourself: Parental mental health & well-being

Thursday 21st October

6.00pm - 8.00pm

Parent Advice Line

Wednesdays 6.00pm - 7.00pm &

Friday 10.00am - 11.30am

**If you want to discuss your
concerns further or more support
call 07827 873377**

REGISTER TODAY