

Group Programme Autumn 2015

West London Action for Children



ParentPlay

A group to assist parents in boundary setting and esteem-building through play in order to strengthen family relationships and nurture development. For parents of children aged 3-9

Contact JoH@wlac.org.uk

10 Thursdays
10.00 – 12 noon

Starting
24th September

Childcare available

ParentTeen

A group for parents of young people up to age 18 – helping parents to increase confidence and optimism

Contact Jennifer@wlac.org.uk

6 Mondays
10.00 - 12noon

Starting
5th October

ParentTalk

A forward looking, solution focused group for parents & carers of children to age 12 – encouraging and enjoying your child

Contact Georgina@wlac.org.uk

6 Wednesdays
12.15 – 2.15

Starting
30th September

Childcare available

Breathing Space

A mindfulness-based stress reduction group (MBSR) supporting parents to experience more choice in how they respond to situations, facilitated by Julia Hutchinson

Contact Sam@wlac.org.uk

8 Thursdays
10.30 – 12.30

Starting
15th October

Childcare available

Dads Matter

A forward-looking, solution-focused group for dads, step dads and male carers of children aged 12 years and younger

Contact Deborah@wlac.org.uk

6 Wednesdays
6.30 – 8.30pm

Starting
7th October

For enquiries 020 7352 1155

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