

Parenting Skills & Strategies Sessions are being held at the following times and venues from September 2017

Bridport Children's Centre

Contact Tel: 01308 421714

Fridays: 9.30—11.30

Sep 22nd Oct 20th

Nov 17th Dec 15th

Jan 19th Feb 16th

March 16th

Dorchester Children's Centre

Contact Tel: 01305 221348

Mondays: 10.00—12.00

Oct 2nd Nov 6th

Dec 4th Jan 8th

Feb 5th Mar 5th

Beaminster Children's Centre

Contact Tel: 01308 861030

Fridays: 9.30—11.30

Sept 29th Oct 27th

Nov 24th Dec 22nd

Jan 26th Feb 23rd

Mar 23rd

Lyme Regis Children's Centre

Contact Tel: 01297 444076

Thursdays: 1.00—3.00

Sept 14th Oct 12th

Nov 9th Dec 7th

Jan 11th Feb 8th

Mar 8th

Family Partnership Zone

Parenting Skills & Strategies Sessions

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



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

westfamilypartnershipzone@dorsetcc.gov.uk (Beaminster, Bridport & Lyme Regis)

dorchesterfamilypartnershipzone@dorsetcc.gov.uk (Dorchester)

www.dorsetforyou.com/childrenscentres

Dorset County Council



www.dorsetforyou.com/childrenscentres

Dorset County Council



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.