

# Overcoming obstacles to parenting course

available as e-learning and in person learning



**Being a parent is the most and amazing and rewarding thing. But it is not always easy, and you are not alone if you find it really hard sometimes. This course will offer you help and support in a totally non-judgemental environment.**

This free, short course will offer you the opportunities to explore obstacles and have solutions to try out. Share experiences, set goals, discover the different needs of children, try out different techniques, tip and strategies. Plus you can explore support for home schooling and homework.

**Fully supported online course:**

**Monday 17 & Tuesday 18 May**

**Or**

**In person at our South Bretton  
Family and Community Centre:**

**Tuesday 18 & 25 May**

**9.30am - 2.30pm both days**

Numbers for the in person course are strictly limited and social distancing rules will apply.

Booking is essential.



**Call us today on 01733 396404 to find out more and sign up or visit [www.crosskeyshomes.co.uk/ckh-learning](http://www.crosskeyshomes.co.uk/ckh-learning)**