

## Courses for Parents

### • **Managing your Child's Angry Feelings**

Does your child lose their temper?  
Do you sometimes struggle to help them control themselves?

This free course aims to help you to recognise the first signs of anger, learn calming strategies & de-escalate conflict situations



Raising your children will be one of the most vital & important tasks you will ever undertake...  
... and doesn't it push you to your limits?

6 FREE Sessions will help you to

- improve your relationships
- Develop new skills & confidence
- Understand behaviour
- Manage change
- Communicate effectively



All arranged as required.  
Please contact the Families Matter office to register your interest on  
023 8020 7623  
office.fm.hurc@gmail.com



## Also on offer...

- **Parent & Toddlers**  
Wednesdays, 10.00 -11.30am  
During term time  
Contact Val on 023 8084 3548



- **1-1 Parenting Support**
- **Women's Wellbeing Group**
- **Adoptive Parents support group**

For further details on any of the above,  
please contact the office  
023 8020 7623  
Or see our website  
[www.families-matter.org.uk](http://www.families-matter.org.uk)



Families Matter  
Cornerstone  
Hythe URC, New Road,  
Hythe, Southampton, SO45 6BR  
Tel: 023 8020 7623  
office.fm.hurc@gmail.com



**PARENT  
SUPPORT  
GROUPS**



Working in partnership to  
support family life on the Waterside



# Parent Support Groups



**Support Group for  
parents of children with additional  
needs**

Every Friday 10.30am -12.00 noon  
During term-time

Contact Bev Hall on 023 8084 0191

## **AUTISM DROP-IN**

**Once a month on a  
Thursday morning**

**For details please phone the  
Families Matter office on  
023 8020 7623**

### **\*Our Time - Support Group for families coping with addictions**

First Friday of each month

Contact Madeline on 023 8087 3388



***On the Right Track***



**(In partnership with THE HANDY TRUST)  
A home, school, community project  
supporting children and their families  
through the transition from  
Primary to Secondary education.**

Schools identify children in year 6 who they feel  
may find the school transition challenging  
(for a number of reasons.)

Building the child's confidence and  
self-esteem by using a variety of resources, the  
child is given an opportunity to talk over any  
anxieties they may have about starting  
secondary school and extra visits to the  
secondary school are arranged during the  
summer term. The programme has been  
running successfully for over ten years and has  
enabled many children to transition smoothly.

Contact Families Matter Office

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If you would like further  
information, or would like to join  
a group, please complete the  
form below and return to:

**Families Matter  
Cornerstone, Hythe URC  
New Road, Hythe  
Southampton SO45 6BR**

Tel: 023 8020 7623  
office.fm.hurc@gmail.com

\*\*\*\*\*

Name:

Address:

Tel no's:

Email:

Ages of  
Children:

***\*A member of the Families Matter team  
will contact you to discuss which group  
best suits your needs.***

