

## Courses 2016

### • Anger Management for Parents

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

familiesmatter@cornerstonehytheurc.org.uk



## Also on offer...

### • Parent & Toddlers

Wednesdays, 10.00 -11.30am  
During term time

Contact Val on 023 8084 3548



### • 1-1 Parenting Support

### • Group for Parents or Carers accessing mental health services

### • 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

familiesmatter@cornerstonehytheurc.org.uk



PARENT  
SUPPORT  
GROUPS

2016



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 -12noon  
During term-time

Contact Bev Hall on 023 8084 0191



## Support Group for parents of children with Autistic Spectrum Disorder

Every Thursday 10.00 - 12noon  
Plus arranged trips/activities in holidays

Contact Steffe James-Brown 07801 563959



## \*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

familiesmatter@cornerstonehytheurc.org.uk

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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.*

