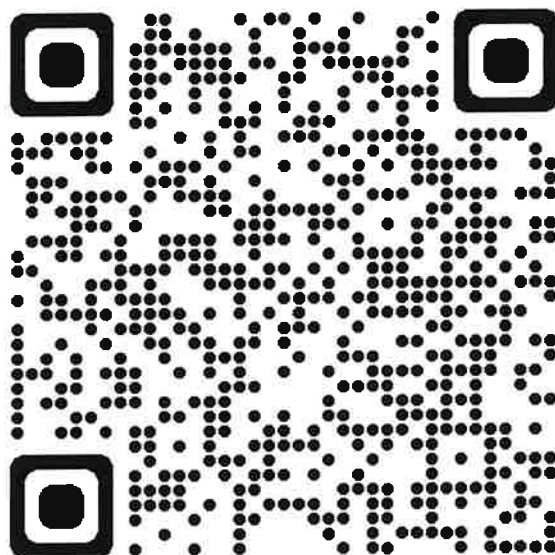




See information about our centre,
what events are coming up and much more!

Please scan the QR code below



Any queries please contact 0191 211 5773 or email -
newcastlenorthernenquiries@newcastle.gov.uk



**North
Locality**





Parenting when separated

Are you?

- Preparing for divorce?
- Going through OR have gone through separation or divorce?

Attend 8 virtual guided support sessions focusing on:

- ✓ The impact separation has on you
- ✓ Ways to have a better co-parenting relationship
- ✓ Communicating with my child's other parent
- ✓ Personal coping and stress management
- ✓ Parent self-care in the long-term

**You are never in a programme with your co-parent*

FREE Support for separated parents

For more information contact

paula.davies@newcastle.gov.uk 07500997363

<https://relationshipsmatter.uk>



Scan
To Book



Solihull: Understanding your child

A group for parents and carers of
children aged nine months to 19 years.

Find out more about:

- How our brains work at different times in our lives.
- What this means for how we think and express how we feel.
- Your child's development and behaviour.
- How your child communicates.
- Why sometimes things go well and sometimes they don't.

How many sessions?

10 (one a week)

Who's it for?

Parents and carers of 9 month - 19 year olds

For more information or to book:

Phone

0191 211 5773

Visit

Fawdon Children's Centre

Email

NorthCFN@newcastle.gov.uk

Scan
to book



Solihull: Understanding your baby

**A group for all parents and carers
welcoming a new baby.**

Find out more about:

- Your baby's brain development and how you can support this.
- Ways to comfort and calm your crying baby.
- Healthy sleep patterns and responsive feeding.
- Play to help your baby learn and develop.
- How you and your baby might feel and what can support you both.

How many sessions?

6 (one a week)

Who's it for?

Parents and
carers of babies
0-9 months

For more information or to book:

Phone

0191 211 5773

Visit

Fawdon Children's Centre

Email

NorthCFN@newcastle.gov.uk



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Decider Skills

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**A group for parents and carers
and their children.**

This group will help you:

- Understand your thoughts, feelings, and behaviours.
- Manage your emotions and mental health.

How many sessions?

6 (one a week)

Who's it for?

School age children and their parents / carers

For more information or to book:

Phone

0191 211 5773

Visit

Fawdon Children's Centre

Email

NorthCFN@newcastle.gov.uk



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To Book



Parenting when Separated

A relaxed and friendly group for people who are separated or separating.

This group will help you:

- Feel calmer and more confident as a parent
- Look after your own wellbeing
- Work better together as co-parents

How many sessions?

6 (one a week)

Who's it for?

Parents and carers who are separated or thinking about separating.

For more information or to book:

Phone

0191 211 6205

Visit

The Haven

Email

NorthCFN@newcastle.gov.uk



children & families
NEWCASTLE

childrenandfamiliesnewcastle.org.uk

Are you 21 or under and a new parent or parent-to-be?

Meet other parents for support with:

- **Labour and birth**
- **Responsive feeding**
- **Bathing baby**
- **Safe sleeping**
- **Exciting play**
- **Helpful freebies**

Young Parents Group

When?

Tuesdays 1pm - 3pm

Where?

Nunsmoor Centre
NE4 5AH

Scan here for more





Understanding your relationships

Free online course to follow in your own time to help understand your relationships and your mental health.

- Understanding your emotions in your relationships
- Communicating feelings and expressing yourself
- Reading others behaviours and different communication styles
- Managing conflict, self-regulation and anger

Designed by expert psychologists in partnership with people



www.inourplace.co.uk

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