

Carlisle North A Sure Start Children's Centre Briar Bank, Carlisle, CA39SR

Family Links Nurturing Programme

How to get the best out of family life

Course starts on
Wednesday 1st May
6-8pm

What does it cover?

- Understand why children behave like they do.
- Recognising the feelings behind children's behaviour.
- Explore different approaches to manage children's behaviour.
- Find ways to develop co-operation and self-discipline in children.



If you would like to make positive changes in your family life then join our free 10 week Family Links Nurturing Programme, you will have some fun, meet new people and get tips on how to make family life calmer and more enjoyable.

If you would like [more information](#) or to book a place [please contact](#) Linda or Rob at the Children's Centre [on 01228 791775](tel:01228791775) or linda.watson@barnardos.org.uk to [discuss how we may be able to support you and your child to fully access and enjoy our activities.](#)



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