

THE PARENTING PUZZLE



This tried and tested programme can help you deal with challenges so you have a calmer, family life.

The course covers:

- Recognising feelings behind behaviours
- Different approaches to discipline
- Co-operation and self-discipline
- The importance of looking after ourselves.



For further information, visit
www.woking.gov.uk/familysupport

Register your interest with us on email
familycentres@woking.gov.uk or call
01483 743 812

