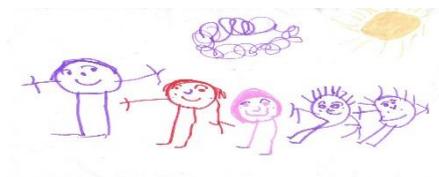


# Family First



Please see the information below about courses and groups for parents and carers to support both their wellbeing and the wellbeing of their children.

To find out more contact Julie Douglas – 07393752547  
[Julie.Douglas@eastrefrewshire.gov.uk](mailto:Julie.Douglas@eastrefrewshire.gov.uk)

- **Let's Play Course**

Do you have a child aged 5 years or under? Would you like to find out more about play and how it can have a positive impact on children and parents' wellbeing? Build your confidence in creating play experiences for your child based on their interests and needs.

This is a short course taking place over three Tuesday afternoons – 12.45 – 2.30pm in Thorntree Hall, Main Street, Thornliebank.

Tuesday 10<sup>th</sup> May - Quality time for happy, healthy children and adults

Tuesday 17<sup>th</sup> May – Why play matters

Tuesday 24<sup>th</sup> May – Playful children and adults

- **Wellbeing for Women**

Off Grid Community in Clarkston invite parents to participate in a Wellbeing for Women programme at their Outdoor Learning Facility in Clarkston starting on Wednesday 11<sup>th</sup> May 10.30-1pm for six weeks. Drop in at any time during session for as long as you like!

Take time out to focus on your wellbeing, connect with other parents and enjoy learning, cooking and unwinding together.

The indoor/outdoor programme will take place both in the centre's woodland and in their lovely indoor log cabin training room!

- **Psychology of Parenting Programme (PoPP)**

The Psychology of Parenting Programme guides participants to develop strong relationships with their children and help support their behaviour, development and resilience. Participants are supported through this online course by trained professionals.

For more information email – [popp@eastrefrewshire.gov.uk](mailto:popp@eastrefrewshire.gov.uk)