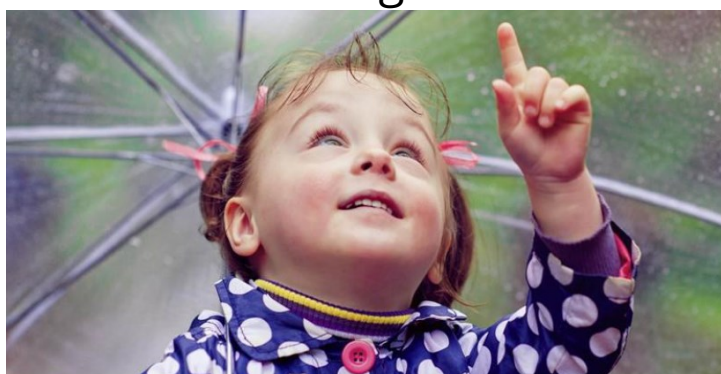




## Falkirk 2025-26 Groups

Early Level parenting programme for parents/carers of children aged 2 to 6



***Langlees Early Learning and Childcare Centre  
 David's Loan  
 Falkirk, FK2 7RG***

	Dates	Facilitators
<b>GROUP</b>	Thursday 15 <sup>th</sup> January 2026 9.30am-12 noon Thursday 22 <sup>nd</sup> January 2026 9.30am-12 noon Thursday 29 <sup>th</sup> January 2026 9.30am-12 noon Thursday 5 <sup>th</sup> February 2026 9.30am-12 noon Thursday 12 <sup>th</sup> February 2026 9.30am-12 noon Thursday 19 <sup>th</sup> February 2026 9.30am-12 noon Thursday 26 <sup>th</sup> February 2026 9.30am-12 noon Thursday 5 <sup>th</sup> March 2026 9.30am-12noon	Nicky Miles (Head of Centre Langlees ELCC) & Claire Lord (PEYO Inchlair ELCC) ELCCare@falkirk.gov.uk



**What to expect if you attend a  
Parents Plus Group:**

- A warm welcome– we aim to ensure that our groups are in central locations and accessible to all.
- An 8 week programme which is practical and draws on parents' strengths.
- Opportunities to share tips and learn new strategies.
- Experienced facilitators who will deliver the programme in a flexible manner shaped to the needs of the group.
- A nurturing space for you-tea, coffee, juice, toast & biscuits available throughout.
- A safe space to talk, laugh, cry and share honestly without judgement.
- A sense of belonging and lasting friendships. Become part of the Falkirk Parents Plus family.
- No cost to attend. All programme materials are provided.



*Parents Plus is a community for parents that provides us a safe space to talk, share experiences and a place where we feel less alone and, from the group I attended I have gained a friends group who provides continuous support and shoulder to lean on. Parents Plus has made me a happier parent and provided me with the knowledge to help me to support my child to reach their fullest potential*

*Really liked learning different methods and techniques for dealing with difficult situations*

*It let all the parents be heard and feel they were being listened to.*

*Being part of a group and realising we aren't alone & that all our kids are their own unique little person.*

*A group/community/family of other parents where I can share my experiences and feel comfortable asking for advice and give advice where I can and I made friends for life*

*It was very easy going place that gave great tips and tricks to help combat some of our children's behaviours. I couldn't recommend it any more to anyone out there!*

*I came in with an open mind so didn't have any expectations but have benefited so much*

*Great course, wouldn't change a thing except for it not to end.*

*Loved all of it! Wish it was just a weekly thing! Everything was fantastic*

**Falkirk Families Feedback**

*I didn't realise how much it would change my relationship with my son as the group taught me strategies to help bond and understand him in a better way. Me and my son are much better together now as a team and I feel much happier as I feel I can understand and help him more*



## Falkirk Early Level Programme

[www.parentspplus.ie](http://www.parentspplus.ie)

Parent's/Carer's Name(s)	
Name and contact details for professional who made you aware of this programme (if applicable)	
Name(s) and Date(s) of birth of your Child/Children	
Do any of your children have Additional Support Needs? If so please give some more details, including any diagnosis.	
Please indicate which Parents Plus Group are you interested in attending	January-March 2026@ Langlees ELCC <input type="checkbox"/>
Home Address	
Mobile Number	
Email Address	
Current or intended ELC/School	

By completing this form I agree that I would like to attend the above course. I understand that these sessions are for adults only and I will be expected to attend all sessions:

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

How did you hear about this programme?: \_\_\_\_\_

Please return this form to [ELCCare@falkirk.gov.uk](mailto:ELCCare@falkirk.gov.uk)