



Falkirk 2024-25 Groups

Early years' ASN parenting programme for parents/carers of children aged 2 to 5



Venue Camelon Early Learning & Childcare Centre
Nailer Road
Falkirk
FK1 4DA

	Dates	Facilitators
GROUP 1	Thursday 19 th September 2024 9.30am-12noon Thursday 26 th September 2024 9.30am-12noon Thursday 3 rd October 2024 9.30am-12noon Thursday 10 th October 2024 9.30am-12noon Thursday 31 st October 2024 9.30am-12noon Thursday 7 th November 2024 9.30am-12noon Thursday 14 th November 2024 9.30am-12noon Thursday 21 st November 2024 9.30am-12noon	Susi Wakely (Educational Psychology Service) & Alice Grant (ASN Service). ELCCare@falkirk.gov.uk
GROUP 2	Tuesday 29 th April 2025 9.30am-12 noon Tuesday 6 th May 2025 9.30am-12 noon Tuesday 13 th May 2025 9.30am-12 noon Tuesday 20 th May 2025 9.30am-12 noon Tuesday 27 th May 2025 9.30am-12 noon Tuesday 3 rd June 2025 9.30am-12 noon Tuesday 10 th June 2025 9.30am-12 noon Tuesday 17 th June 2025 9.30am-12noon	Eoin Keane (Educational Psychology Service) & Alice Grant (ASN Service). 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.

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

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

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

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 Families Feedback