



## Building on Positive Relationships Awareness-Raising Session for Parents and Carers

Are you experiencing high levels of anger and aggression from your child?

Are you feeling stuck and don't know how to make things better?

Do you feel that you have tried everything and nothing is working?

**Come and hear about North Ayrshire's  
Building on Positive Relationships Approach.**

### What is Building on Positive Relationships (BPR)?

### Details of our awareness raising session:

Evidence tells us that behaviour changes for the better when relationships are positive. BPR is a 10 week programme designed to support you with a range of relationship building techniques. It provides an opportunity for parents or carers to come together in a supportive and non-judgemental environment, and learn about different and useful ways to bring calm in the house. The focus is on developing strong relationships within the family unit.

**Date:** Thursday October 27th 2022  
**Time:** 3 sessions available to choose from: 10-11am (session 1), 1-2pm (session 2), 6-7pm (session 3)  
**Location:** Microsoft Teams  
**For who:** Parents/Carers of children of all ages within the Irvine Royal and Greenwood clusters

Register your interest through the QR code and you will be emailed with a Teams invite.



If this sounds like something that might work for you and your current family situation, or you would like to find out more, join us on Teams for an awareness raising session on October 27th.