



SUMMER TERM 2025
Open to all Solihull parents and carers



BEING A PARENT GROUPS

Led by trained parent volunteers, the groups provide you with the tools to help manage challenging behaviour, improve communication, and build a positive relationship with your child.

The Being a Parent groups start with a welcome session & then run weekly for a further 8 sessions:

TUESDAY	Virtual via Microsoft Teams	6pm – 7.30pm	6/5/25 – 8/7/25
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UNDERSTANDING YOUR CHILD

Led by Solihull professionals, the group aims to help you to manage challenging behaviour and improve communication, as well as building and understanding your relationship with your child. The group target age is 4-11 years unless specified, delivered face-to-face for 10 sessions:



TUESDAY	Shirley Heath Outreach Hub (B90 3DS)	1pm – 3pm	29/4/25 – 8/7/25
WEDNESDAY	Three Trees Community Centre (B37 7TR)	5pm – 7pm	w/c 28/4/25 – 7/7/25

FIVE TO THRIVE

For parents with children aged up to 2 years, the FIVE TO THRIVE building blocks explore practical things you can do to enhance your child’s brain development, increase confidence in parenting and meet local parents.



TUESDAY The Bridge, Shirley (B90 3AG)
12.30pm – 2.30pm
7/1/25 – 11/2/25 25/2/25 – 1/4/25

Book your place now, or find out more by contacting Solihull Parenting Team at: bsmhft.parenting@nhs.net or book via the Eventbrite QR code below:


