

*Does it feel like you are using lots of energy  
correcting your children's behaviour?  
Are you looking for ways to strengthen your family  
relationships?*



***Free one off workshop for parents/carers***

Manager of Early Help Services, Kirsty Pitcher from The Benjamin Foundation has been trained in the Nurtured Heart Approach® which helps you to recognise what is going right and create opportunities for the type of behaviour you want to see more of.

Come along to our parents' session and find out about the Nurtured Heart Approach® and how you can use this simple but life changing approach at home.

**Tuesday 11<sup>th</sup> October 2016 from 6-8pm**  
**At Queen's Hill Primary & Nursery School**  
*Coffee and biscuits will be available*

**To find out more or to book your free place/s please phone  
Parent Support Adviser Barbara Peek on 07825 130002 or email  
[barbara.peek@benjaminfoundation.co.uk](mailto:barbara.peek@benjaminfoundation.co.uk)**



The Benjamin Foundation  
Working in partnership with Queen's Hill Primary & Nursey School

The Nurtured Heart Approach® was created by Howard Glasser For more information visit  
[www.childrensuccessfoundation.com](http://www.childrensuccessfoundation.com)