



PARENTS PLUS

Special Needs Parenting Group

Join our **Parents Plus 'Special Needs Programme'** and meet other parents/carers of young people aged 10-25 who have a disability, in a supportive group to help your young person reach their full potential.

Support your child to:

- Learn social skills and build friendships
- Deal with puberty and sexuality
- Gain confidence and self-esteem
- Be more independent

As a parent, learn how to:

- Personally cope and manage stress
- Deal with the challenges of adolescence
- Support the needs of your other children
- Manage challenging behaviour

A 7 week -long parenting group taking place every **Tuesday** from **20th January** to **10th March 2026**
(excluding 17th February Half Term)

At **Kingswood Children Centre, Hollow Rd, Bristol BS15 9TP 6pm to 8.30pm**. The programme will be facilitated by Senior facilitators from Pathway to Independence

For more information or if you would like to enrol onto the programme, please contact.

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