

Resound Family Resources Newsletter

Spring 2019



Parenting is full of highs and lows. Having someone to share these with can make all the difference. Resound Family Resources offer a number of services for parents which are run by a dedicated team of professionals and volunteers. Find us on fb: Resound Family @resoundfamilybristol

**Family Resource Team
News Spring 2019**

Jan Harvey continues to lead the Parent Buddy Service at Resound and Pauline Berndes has now taken on responsibility for co-ordinating the Parenting Courses. Jan, Pauline and team are all volunteers who enjoy serving and supporting families and parents in the local community.

All enquiries about parenting courses or Parent Buddies service please email:
parenting@resoundbristol.co.uk

‘Care for the Family’ Positive Parenting Courses

Handling anger in the family: 27th Feb - 20th March 2019

(This course is now full)

Time out for parents: Children with Special Needs Parenting Course

1st May- 19th June with a break for half term

Parents of children with special educational needs often feel isolated and frustrated that ‘standard parenting advice’ sometimes doesn’t work. The course provides an opportunity for you to support and encourage each other, helping you share feelings and experiences, and come up with solutions to problems on the basis of what works – not what’s meant to work!

The seven sessions are written by parents and professionals with input from many different families with experience of children with special needs. They aim to help support you in meeting your child’s needs, focussing on children aged between 3 to 11 years with a disability or special needs, particularly those who have learning, developmental and behavioural issues.

- Session 1 – Parenting children with special needs
- Session 2 – Self esteem
- Session 3 – Coping with feelings
- Session 4 – Understanding behaviour
- Session 5 – Managing behaviour
- Session 6 – Home and school
- Session 7 – The wider family

To find out more or to book on these courses please visit

www.resoundbristol.co.uk/family or contact: parenting@resoundbristol.co.uk

Mangotsfield Coffee and Support

Support group for parents who have children with additional needs. Do drop in for a cup of tea or coffee, cake and a chat. Just turn up, bring a friend if you like. No need to book.

9.30-11am first Tuesday of the month at Resound

(term-time only) Resound is working in partnership with South Glos Parents and Carers Forum www.sglospc.org.uk

Parent Buddies

Providing confidential short - term informal support within agreed time-scales. Parent Buddies are trained volunteers who offer parents, grandparents and carers a listening ear and support with a particular parenting issue.

Parents can self-refer or be referred.



To find out more about any of these services or to book on our courses please contact:

0117 3050969 parenting@resoundbristol.co.uk

Resound, Blackhorse Rd, Mangotsfield, Bristol. BS16 9BP

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