How to sign up

Speak to :

or call:

Sessions will be running on:

from the:

at:

in the:

* ----

Your name:

Mobile number:

What is the one parenting question you'd most like answered:

Top tips

To help your child be happy, confident and do well

parentgym



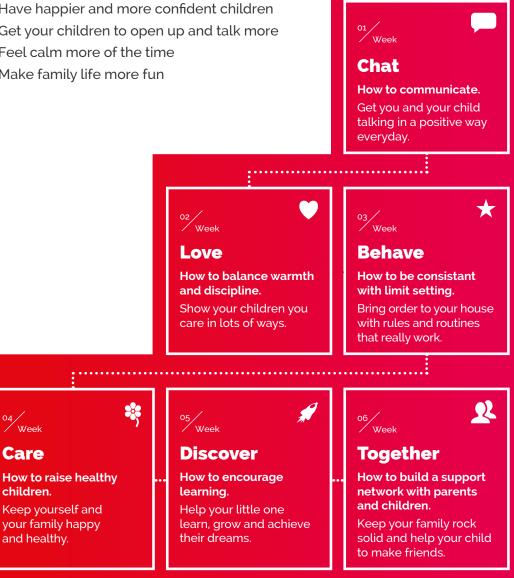
6 Weekly workshops

For parents with children from 2-11

6 week programme session overview

Parent Gym is a course of six 2-hour workshops with 'missions' to complete in between each one.

- Have happier and more confident children
- Get your children to open up and talk more
- Feel calm more of the time
- Make family life more fun



Still looking for a reason to take part?

Over 5000 parents have already participated 98% of those surveyed would recommend to a friend.

Parents' feedback

"I am calm... the family is happier... It is amazing how a course can change your life."

Parent, Morningside Childrens Centre

"I'm sleeping through the night for the first time in years."

Parent, Boxgrove Primary School

"Parent Gym has worked wonders for me and my family. It's not about who's a good or bad parent - it just gives you lots of ideas to overcome difficulties in parenting."

Parent, Mount Stewart Junior School

