



## **Parenting with Possibilities**

Starts Monday 15th September 2025 | 9:30 AM

**Glascote Family Hub**

**Hawsworth, Galscote, Tamworth, B772ER**

Are you navigating big emotions, tough conversations, or just trying to stay steady in the chaos of parenting—especially with a neurodivergent child?

This 6-week series is a gentle space for parents—especially those raising neurodivergent children—to explore calm, confidence, and connection.

It's a guided space for parents to pause, reflect, and build tools for calm, confidence, and connection.

Together, we'll explore how to:

- ◆ Shift unhelpful patterns
- ◆ Understand fear and influence
- ◆ Tap into vulnerability as strength
- ◆ Communicate with clarity and calm

Take a breath. You're not alone.

 **No judgment. No pressure. No Shame. No Blame**

Just time for you, meaningful conversations, and supportive tools to carry into daily life.

 Come as you are. Leave with insight.

 Refreshments and warm company provided.

Free for Family Hub Pass Members

£5 for Non-Members

### **Contact**

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