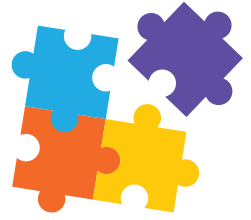


THE PARENTING PUZZLE



This tried and tested programme can help you deal with challenges so you have a calmer, family life.

The course covers:

- Recognising feelings behind behaviours
- Different approaches to discipline
- Co-operation and self-discipline
- The importance of looking after ourselves.



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