

Solution Focused Parenting Group

What you can expect:

A light-hearted conversation-based group, where we can use solution focused tools and techniques to help us understand the way we parent and deal with everyday family life.

What is Solution Focused?

Solution-focused is a future-focused, goal-directed approach to therapy that highlights the importance of searching for solutions rather than focusing on problems

When? Friday's 10-12pm Starting on Friday 8th March 2019 for 5 weeks

Where: PAARS, 5 Chase Side Crescent, Enfield EN2 0JA

Cost: Funded by the Big Lottery. Free to parents

The sessions will be delivered by Barbara Sebti.

Please contact Ayse Adil to book your place. Spaces are limited to 12 adults:

paars@rocketmail or 02083636262