



# ParentTalk

Supported by



For further information,  
please contact:-

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ParentTalk Co-ordinator  
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## Bringing up children and teens?

## then this is for you....

"no-one knows every-  
thing and it's priceless  
to talk about this  
stuff"

Are You a parent or carer of children or teens aged 0-18 in Whitley Bay?

Yes

Would you like...

support that will help you to have the relationship you want with your child?

Yes!

Then come to

# ParentTalk

At... The Small Hall  
Whitley Bay Baptist Church  
Park Avenue  
Whitley Bay NE26 1DX

## What's ParentTalk?

A series of 8 weekly meetings with other parents/carers in a friendly, relaxed atmosphere discussing top tips and sharing experiences about...

- Be yourself
- Love them and let them know
- Look and listen
- Remember it's good to talk
- Defend the boundaries
- Choose your battles
- Parent with elastic
- Back to the future

"It was a break for me and the chance to talk to someone away from my normal worries"

"it's helped me think more clearly about lots of things and eased some guilt about what I think I should be doing"

## 2010 dates...

All meetings are free of charge with refreshments and are held on

Thursdays, 12noon—2pm,

### Series 1:

Jan 21, 28, Feb 4, 11, 25, Mar 4, 11, 18

### Series 2:

Apr 19, 26, May 3, 10, 17, 24, Jun 7, 14

# ParentTalk

## Booking Form

Name:.....

Address:.....

.....

.....

Tel:.....

Email:.....

Age(s) of children:.....

School(s) attended.....

.....

I would like to attend (please tick a box)

Series 1       Series 2

Return completed forms to Christine Kaine or book your place by email or telephone call to Christine. All her contact details are overleaf