



# Being a Parent

A free 9 week course with creche, to help parents learn practical skills for everyday life such as:

- Looking after yourself as a parent
  - Recognising and managing your child's emotions
  - Learning positive parenting strategies

For Lambeth parents with children aged 2-11  
**Maytree Children Centre, SW4 8EG**

**Mondays 1 - 3pm,**

**25 September - 27 November**

No session during half term 23.10.23

Sign up and find out more at  
[www.lambeth.gov.uk/Parenting](http://www.lambeth.gov.uk/Parenting)



EMPOWERING  
PARENTS  
EMPOWERING  
COMMUNITIES

  
**Lambeth**



  
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and Maudsley  
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