

Are you a parent or carer to a child aged 2 to 13 Year old?

FREE 9 week

“Being a parent course”



“I enjoyed the course, I got to learn new skills and tools of parenting, that were delivered by parents who use them in their own homes”

- Delivered by parents in your community, for parents.
- This free 9-week course helps you understand your child's behaviour
- Learn positive strategies to help you as a parent.
- Learn the importance of looking after yourself.
- Get practical support for the day to day challenges of being a parent.
- Meet other parents within your community and share experiences

Starting 21st January 2026

9:45am-11:45am

Every Wednesday (term time only) at the Family Hub, Luton Central Library

For more information or to book a space please contact:

linzi.mcskimming@nhs.net



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES

