



The Mothers' Union in the Diocese of Manchester is committed to promoting the importance of parenting and its impact on family life.

Being a parent can be described as the most important job that you will ever do. Parenting can be very fulfilling and enjoyable but there are times when it seems a daunting and isolated task, especially whilst coping with the pressure of trying to work through difficult, yet common situations.

We are now running **Parent Survival Courses** with trained facilitators and have completed three very successful programmes. We have also begun Parent Support sessions for those who wish to continue meeting and discuss further topics in a friendly, informal atmosphere.

At present we use the Webster Stratton **Incredible Years** programme for parents with 2-8 year old children. This programme has been extensively researched and field-tested and is fully recognised by the National Occupational Standards for work with parents. We are now working towards other courses catering for different age ranges.

We are offering to run a course at your Church free of charge. If you are interested in hosting a course through your Branch we will be only too pleased to come and chat to you about it and discuss the programme.

We will provide:

- Two trained parent facilitators
- Handouts and necessary materials to set up and deliver the programme
- Recruitment leaflets
- Regular contact with parents on the course

We would like you to be able to offer:

- A room to hold about 12-14 people
- Help with recruiting parents
- Equipment to play DVDs
- Tea/Coffee /Biscuits
- A donation to cover the cost of general administration and travel expenses



For more information on hosting a course please contact
Christine Sharp, St. Paul's, Monton, Eccles.

Tel: 07733623501 email: parenting@mothersunionmanchester.org



Andrea Young and Christine Sharp, joint Parenting Co-ordinators,
Manchester Mothers Union

