

Every Thursday from 30th April 2026 for 11 sessions, excluding school holidays. The last session will be on 16th July.

9.15am to 12.15pm

Wellspring Settlement  
43 Ducie Road, Bristol, BS5 0AX

For more information or to book, call Sally or Laura on 0117 3041400 extension 155

Just scan the QR code below for more information and links for parents to self-refer and professionals to make referrals:



# strengthening families strengthening communities



A free, inclusive course to help parents and carers raise happy, confident children, from babies to teens

**FREE CRECHE SPACES AVAILABLE! PLACES MUST BE BOOKED!**



Family Centre, Settlement Site, Ducie Road, Barton Hill, BS5 0AX  
0117 3041400

[www.wellspringsettlement.org.uk](http://www.wellspringsettlement.org.uk) [info@wsb.org.uk](mailto:info@wsb.org.uk)

Wellspring Settlement is a company limited by guarantee registered in England and Wales under number 05031499 and is a charity, number 1103139

## About the programme

This is a popular parenting programme for anyone raising children. We welcome parents and carers from all backgrounds who would like to work on their parenting skills and build positive relationships with their children.

We can help you to recognise and respond to the challenges of being a parent and the risks and concerns facing our children. Whether you want to help your child do well at school, deal with bullying, avoid online grooming or getting in with the 'wrong crowd', or just feel more confident: SFSC can provide you with strategies to help you feel equipped as a parent and help you to keep your children safe.

## The course will help you to:

- Build positive family relationships
- Manage anger and stress
- Implement effective discipline strategies
- Gain confidence and communication skills
- Understand your child's development
- Recognise and value your family and cultural traditions
- Meet others and share ideas

You will receive a certificate and a parent manual.

SFSC runs weekly for 11 weeks, excluding school holidays. We can provide free childcare and refreshments. Just come along, bring a friend or partner if you prefer, and see if it's for you!



"The sessions are very interactive; one is given time to express her/himself and it's interactive. Appreciating the team!"

An illustration of a woman with long brown hair, wearing a blue top, sitting in a wheelchair. A young boy in a yellow shirt and brown pants is sitting next to her, and another young boy in a red shirt and blue shorts is standing to the right, holding a basketball.

"It has been helpful and good to meet other parents and that we have creche providing support with childcare."

"It's a good way to convey the techniques and how we use them."