

# Stressbusting for ESOL Parents



## Free Course

This six-week course is aimed at parents who have English as a second language or for parents with lower literacy skills. It will look at how we deal with the stress and worry which comes from being a parent or carer.

We can learn to notice what happens when we are stressed and how to keep calm when faced with difficulties.

**Stressbusting for Parents/Carers supports us to:**

- **Feel more confident about being a parent**
- **Manage stress and frustration more effectively**
- **Talk to and listen to children with curiosity and kindness**

**Dates:** Friday 26<sup>th</sup> April to Friday 14<sup>th</sup> June - 6 weeks  
(no session 10<sup>th</sup> May or 31<sup>st</sup> May)

**Time:** 9.30am - 11.30 am

**At:** Hartcliffe Nursery School & Children's Centre, Hareclive Rd.  
BS13 0JW

**Cost:** FREE

**Creche:** Places available - booking required

**Contact:** [macs@esol.org.uk](mailto:macs@esol.org.uk) [www.mpcp.info](http://www.mpcp.info)

or 01177 956 911 (Suzanne)

or speak to Kim at the Children's Centre.