

# BETTER BEHAVIOUR PARENT GROUP – DROP



The Mental Health Support Team (MHST) in Ellesmere Port continues to offer this evidence based intervention in a small group setting for parents of Primary aged children who want to encourage better behaviour at home. The group runs for 7 weekly sessions lasting 2 hrs.



We have arranged a drop in day for interested parents to attend – on **TUESDAY 23<sup>rd</sup> APRIL 2024!**

This is an opportunity for you to meet the team, find out more about the group and register your interest.

**We hope to run the next group after the Easter break at Kingsley Resource Centre each Wednesday morning 09.30am – 11.30am. This will run from Weds 1<sup>st</sup> May – 26<sup>th</sup> June 2024 – these dates include breaks for half term etc.**

*During the drop in we will think with you about; What is Challenging Behaviour? Understanding Children's Behaviour, Factors Impacting Child Behaviour & What Happens in a Group Session, and the group content e.g. play and special time, praise and rewards, selective ignoring, consequences and using time out to calm down.*

**TUESDAY 23<sup>RD</sup> APRIL – PLEASE DROP-IN ANYTIME BETWEEN 09.30AM & 3.00PM @PARKLANDS CHILDRENS CENTRE, PARKLANDS, CH66 3RL**

***Please come along, we would love to meet you! It is a great chance to learn more about the group & ask any questions you may have.***

