



# Positive Parents, Positive Kids

A community-led, family-centred programme empowering young BAME parents **to improve their family relationships and create positive examples for their children.**

**GROUP WORKSHOPS** with other parents to help you:

- Build positive communication skills
- **Manage conflict better**
- Build healthier relationships
- **Create positive examples for your children**
- Improve your children's wellbeing

**ONE-TO-ONE COACHING** if you would like confidential support:

- Non-judgemental, person-centred & collaborative
- **Motivational Interviewing, goals-focused coaching**
- Make lasting positive change



**To take part in this programme and transform your family life, contact [info@eyes-ltd.org.uk](mailto:info@eyes-ltd.org.uk), 07355090519 or 02089042242 to speak to a Wellbeing Officer.**