

# Parentalk

## THE PRIMARY YEARS

Being a parent is one of life's greatest joys, but it is also one of its biggest challenges. There's hardly a mum, dad or carer on the face of the earth who, at times, is not overawed by the task of parenting. Parentalk is a free six week DVD based course for parents and carers of children aged up to the early teenage years. It gives you the opportunity to talk about the day-to-day challenges you face, as well as sharing the things that are going well.

Topics covered:

- It's not just me
- Love them and let them know
- It's good to talk
- Boundaries and battles
- Parenting with elastic
- Creating a sense of belonging

### Course Dates

**When:** Starts Thursday 8th June for 6 weeks

**Time:** 7.45pm – 9.45pm

**Where:** Sutton Vineyard Church Centre,  
93 Stayton Road, Sutton, SM1 2PS

For more information or to sign up to the course  
[suttonvineyard.org/parenting](http://suttonvineyard.org/parenting)  
[parenting@suttonvineyard.org](mailto:parenting@suttonvineyard.org) | 020 8642 4455



“ It was a good opportunity for us to think and reflect on the ways we parent - Fully recommend ”