

The Sunshine Centre  
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Registered Charity Number 1124335  
Registered in England & Wales No 05876714



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*Moving forward together with children & families in the community*



# Family Links

Course starting:  
**Friday 18th January 2019**  
**9.30am-11.30am**

If you have childcare difficulties that would prevent you attending this course, please speak to a member of staff.



## Have you ever wondered...

- ⇒ If family life could be more fun?
- ⇒ Why the more you tell them off, the more they argue?
- ⇒ If your doing OK as a parent?
- ⇒ How to help children grow up to be kind, confident and healthy?

**Whether you're a Mum, Dad or Carer the Parenting Puzzle 10 week course is for you!**



Please book onto the course using the form provided as booking in advance is essential.  
For more information please ask to speak to Katie or Rachel.

# BOOKING FORM FOR THE PARENTING PUZZLE COURSE

Name of Adult

Address

Phone Number

Signed (member of Centre staff)

Have you spoken to a member of staff about childcare?

yes  no

If yes and a childcare place is required so that you can attend the course, please list the children's details below:

Name of Child	Age	Date of birth
.....	.....	.....
.....	.....	.....
.....	.....	.....

Signed (member of Centre staff).....

The Sunshine Centre is a local voluntary, charitable organisation working with children and families living in the Ruscote Ward.

The Centre has a strong community ethos and we work in partnership with the local community, and other organisations, both voluntary and statutory, to provide activities and services for the benefit of children and families.

Some of the opportunities on offer are:



- Groups for under 5's and their Mums, Dads and carers
- The Sunshine Centre Childcare (open 8-6 all year round)
- Training courses e.g. Maths and English.
- Parenting Courses
- Opportunities to enjoy activities as a family
- 1:1 support work
- Family Fun Sessions

