



Parenting can be a testing time for all of us. High expectation, together with high stress levels can result in tears.....and that's just the adults!

If you feel you would like to get back to basics with your parenting and reinstate the values you hold dear, then Parentgym could be just the thing for you.

Parentgym is a six week programme of workshops. Each session will address a different topic with practical tips and techniques to make family life easier and help your children thrive. It is open to all parents/carers and grandparents of children between 2-11yrs across the Leodis Academies Trust.

The workshops will run each Friday morning at Westerton Primary Academy in the School House (brick-built building next to the car park), Hesketh Lane, WF3 1AR. The first session will take place on Friday 24<sup>th</sup> February and will continue for 6 weeks, running from 9.30am-11.30am.

If you would like to put your name forward or more information, please email Nikki Power, or Victoria Hayden – Leodis Support Service Co-Ordinator's for The Leodis Trust on [n.power@leodis.org.uk](mailto:n.power@leodis.org.uk) or [v.hayden@leodis.org.uk](mailto:v.hayden@leodis.org.uk) or Janet Standage - Learning Mentor [j.standage@woodkirk.leodis.org.uk](mailto:j.standage@woodkirk.leodis.org.uk)

Click on this link to get more of an idea of what a Parentgym session is like. <http://parentgym.com/>