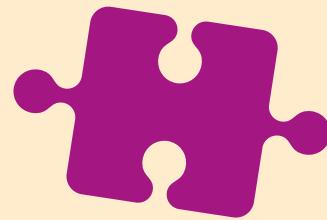


A Programme for Nurturing Emotional Health and Family Relationships



PARENTING PUZZLE COURSES

Parenting Puzzle courses

Parenting Puzzle Courses incorporating Parenting Puzzle 4 & 10 week courses, Talking Teens, Keeping Your Child In Mind and Welcome to the World.

- ▶ For parents/carers of children aged 2-18
- ▶ “Raising children can be puzzling — but puzzles have solutions.”
- ▶ Discover a tailored, informal course offering practical tips to help you get the best out of family life.

What to Expect:

- ▶ Improved relationships
- ▶ Bring fun back into family life
- ▶ Explore and understand emotionally healthy families
- ▶ Sharing lived experiences
- ▶ Routines, behaviours & boundaries
- ▶ Parenting styles explored

Course Options:

(Free/reduced places available)

- ▶ 10-week course – £30
- ▶ 4-week course – £15
- ▶ Includes course book
- ▶ Free refreshments

Book online:

YMCA Family Centres: reigatebansteadfamilycentre@ymcaeast surrey.org.uk

Welcare: redhill@welcare.org

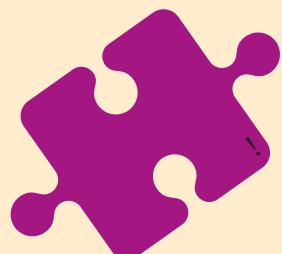
HomeStart: lisa@home-starteast surrey.org.uk

Who Can Attend:

Parents or carers with caring responsibilities for children aged 2-18.

Parent Feedback:

“ The support of our group was really warm and non-judgemental. It helped me understand I’m not alone in finding parenting challenging. ”
Surrey’s #1 parent-recommended course



YMCA REIGATE & BANSTEAD FAMILY CENTRES

PART OF YMCA EAST SURREY

Parenting Puzzle

A 10-week course designed for parents of children aged 2-18

Venue: Home-Start Community Room, Tower House, 3 Cromwell Rd, Redhill RH1 1RT

Dates: Tuesday 13 January - 24 March 2026 (no session 17 Feb for half term)

Time: 19:30-21:30

Cost: £30 per person or £50 per couple (includes manual)

To book, email lisa@home-starteastsurrey.org.uk

Who's In Charge?

For parents of children who are abusive or violent towards them or who appear out of parental control.

Venue: Welcare Family Centre, 24 Warwick Road, Redhill RH1 1BU

Dates: Friday 23 January - 20 March (no session 20 Feb for half term)

Time: 09:30-11:45

Cost: £10

To book, email redhill@welcare.org

Talking Teens

A 4-week course suitable for parents of children from Year 5 upwards. You will learn about adolescent brain development and be provided with ideas and strategies to support young people.

Venue: YMCA Red Oak Family Centre, Radstock Way, Merstham, RH1 3NH

Dates: Tuesday 24 February - 17 March

Time: 19:30-21:30

Cost: £15

To book, email reigatebansteadfamilycentre@ymcaeast surrey.org.uk

Parenting Puzzle

A 4-week course designed for parents of children aged 0-5

Venue: YMCA Horley Family Centre, The Old Fire Station, Albert Road, Horley RH6 7JA

Dates: Tuesday 9 June - 30 June

Times: 10:00-12:00

Cost: £15 (includes manual)

To book, email reigatebansteadfamilycentre@ymcaeast surrey.org.uk



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Here for communities
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welcare
strengthening families since 1894

HOME
START
East Surrey

THE CENTRE FOR
EMOTIONAL
HEALTH