

On-line Workshop

# Supporting Children's Social Relationships

A 2-hour workshop for all parents /carers of children/Teens aged 3-18yrs

**Date:** Thursday 26<sup>th</sup> June 2025

**Time:** 7.00 - 9.00pm

**Venue:** On-line via ZOOM

**Cost:** £14.00/£5.00 concession (with proof)

Price is per parent/carer living in London



To enrol please visit  
[www.learnharrow.ac.uk](http://www.learnharrow.ac.uk)  
Courses/ Parenting and Family Learning



# HOPE

Helping Families to Live and Learn Together

As a parent/caregiver it can be exciting and satisfying seeing our children grow and also challenging and often upsetting when we see them struggling with friendships or making friends. This workshop will discuss the common social challenges, give you the tools and strategies to help build your children's self-esteem and confidence to help them build social relationships and make friends. You will be able to support your children to recognise healthy friendship and know when a friendship is unhealthy.

## Topics include:

- Increasing Self –Esteem & Confidence
- Understanding social development in children/Teens
- Recognising social challenges
- Learning strategies to support making healthy friendships
- Discussing on-line friendships

Email or call HOPE to express an interest



0208 863 7319 or 07498881496



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