

# Bristol Parenting Groups

- Are you pregnant or a parent of a 0 - 8 year old?
- Would you like to add ideas and skills to your parenting toolbox?
- Would you like to develop more confidence in your parenting?
- Would you like to understand your child better?

**Free**  
 groups for  
 adults run  
 by Bristol  
 Children's  
 Centres

Scan here  
 to find out  
 more and  
 register your  
 interest!



Your parenting  
 toolbox:



For more information please call: **07721 311 497**  
 or email: **pssso@bristol.gov.uk**

Once you have registered your interest via:  
**[www.bit.ly/BristolParentingGroups](http://www.bit.ly/BristolParentingGroups)** we will be in touch to find  
 the best group option for you.

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