



## Parents supporting parents

### Become a Parent Group Leader

Could you support other parents in your own community?

In Solihull, we recognise the enormous value of parent to parent support

We will train, coach and support you to lead a Parenting Group in your own community

We are now recruiting Parent Group Leaders to facilitate the 'Being a parent' group, which promotes a successful and unique parenting approach for local parents

As a group leader, you will:

- Receive free training and learn practical skills to lead groups for parents
- Develop your skills, confidence and gain experience to help fulfil your ambitions
- Make a difference in your community supporting parents and their families
  - Help improve your chances in the work place



#### WHAT PARENTS SAY ABOUT THE PGL'S:

"They definitely know their stuff and have so much to offer."

"Lovely trainers, very upbeat and used their own parenting experiences to illustrate strategies really well"

"Absolutely fantastic at delivering the course, empathising with our situations and making us feel really comfortable"

#### PGL TRAINING: AUTUMN 2021

The next PGL training is scheduled to start at the end of September 2021, running weekly from 9.30am – 2.30pm for 11 weeks.

If you are interested in becoming a Parent Group Leader, please follow the link below to the Barnardo's volunteer website for full details about the role, and details of how to apply:

<https://volunteer.barnardos.org.uk/opportunities/16317-family-support-group-leader-parent-group-leader-pgl-2020-12-22>

For more information about the support available, please contact the parenting team via email to [bsmhft.parenting@nhs.net](mailto:bsmhft.parenting@nhs.net); by phone on 0121 301 2773; or by finding us on Facebook

