



FREE Triple P and Stepping Stones Parenting Programmes



Parenting is one of the hardest jobs in the world - our free parenting courses are designed to support parents to be the best they can be

Our regular 6 week programmes will not tell you how to parent, but give you a toolbox of ideas to improve your confidence in:

"The staff are amazing!
Friendly, great
communication and
make you feel at ease."

- Boundaries
- Routines
- Behaviour management techniques
- Looking after yourself as a parent



Our programmes are:

- Free to access
- For parents of children aged 0-12
- Run by professionals with SEN Experience
- Friendly and Non judgemental
- A chance to meet like minded people who understand your situation
- Flexible - run across the year, at different venues across South Gloucestershire, with day, evening and online options to attend

"We've seen a huge improvement in our confidence as parents. Since implementing strategies learned on the course, our family life is much calmer and happier."

For more information, get in touch via
family.referrals@ccp.org.uk, or to book a place please
scan the QR code



#WeAreCCP





Introducing **yuno**

**The new sexual health service in
Bristol, North Somerset and South
Gloucestershire**

When it comes to sexual health, Yuno delivers the care and support you need. Whether it's condoms and contraception, STI testing and treatment, or general information, advice and guidance, Yuno has it covered. We offer a range of services both in-person and through our clinically supported website, making it easier than ever to manage your sexual health.

**Scan the code for
more information
about our services
or visit:**

yunosexualhealth.co.uk





Women's Work Lab

Mums! Ready to join our hive?

Our powerful programme is created by mothers, for mothers. Join the community of women at our hive where we give you the tools, techniques and work experience to rediscover employability skills and explore your path so you can find work that works for you and your family.

Starts: 22nd September 2025

Ends: 10th December 2025

Our South Glos Programme is
held at: Dings Crusaders,
Shaftesbury Park, Frenchay,
BS16 1LG

Every Tues & Wed 10 am – 1 pm, except half term

Support is available for travel costs.
Open to mums ages 19+ (no upper
age limit) who are not working.



Apply today at
www.womensworklab.co.uk

Find out more by getting in touch with
Paige, our Programme Manager:

✉ paige@womensworklab.co.uk

☎ 07300840694



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Dream BIG // Work Hard // Be Kind



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