

# PARENT GROUP LEADER CPD REFRESHER DAY

THE CENTRE FOR  
**EMOTIONAL  
HEALTH**

The Continuing Professional Development (CPD) Refresher Day is a 1-day course for Parent Group Leaders who have completed their training to deliver Nurturing Programme Parent Groups, and who are using the programme to support parents in groups or individually.

Through activities, group work, fun and nurturing, Parent Group Leaders will revisit the fundamental principles of the programme and enhance their parent support skills. Relevant updates and national initiatives will be included.

## LEARNING OUTCOMES FOR PROFESSIONALS

- ✓ To review and reflect on facilitation skills
- ✓ To review strategies in *The Parenting Puzzle*
- ✓ To assess our practice as Parent Group Leaders
- ✓ To problem-solve challenges to our practice through working together
- ✓ To network and update on local and national development
- ✓ To nurture ourselves

## BENEFITS OF TRAINING

- ✓ Refresh and refine Nurturing Programme principles and practice
- ✓ Update on new developments
- ✓ Opportunity to revisit programme activities
- ✓ Identify and resolve any issues or questions from the team
- ✓ Re-energise and re-focus Parent Group Leaders

## NURTURING PROGRAMME QUALITY

The Nurturing Programme is psychologically and theoretically robust, drawing on cognitive, behavioural and affective approaches.

### BOOK TRAINING:

#### £60 per person online

Visit our [online training calendar](#) to see training dates, and to book your place.

#### £2,250 in-house team training or £1,150 online

For a group of up to 20 Parent Group Leaders. To find out more or to discuss booking a team training, please [get in touch](#).

Prices applicable to training courses delivered on the UK mainland.

