

Ealing Parenting Service

Being a parent is hard work; there are good times, there are challenges and there are times when we all need to do things a little differently, whilst having the permission to take care of ourselves along the way. Reaching out is not a negative reflection on our parenting skills. New challenges face parents every day; the world is changing at a rapid rate; there are more children with more specialised needs; social media comes with its own challenges and then there is also trying to keep our children safe online. Sometimes we just need to pause, reflect and reach out to see what strategies there are to support us all along this challenging journey.

Ealing Parenting Service offers a variety of workshops and programmes. Below is a list of upcoming workshops that you may find useful. Parents who have attended the programmes, have come away with some really good strategies, new ideas, new learning to deal with issues being experienced and have developed a network of other parents to whom they can chat with in times of need. You can self-refer to the parenting courses.

For more information click on this link; [parenting programmes in Ealing](#)



working together to keep our children safe and happy.