



Please cut off this section of the leaflet
and return it to:

Your course leader
or
BCFT Parenting
25 Somerset St
Kingsdown
Bristol BS2 8LZ

You will be contacted to confirm availability, course dates,
and other details.

For further enquiries,

email: info@bcft.co.uk or
telephone: 0117 924 1480 or
visit the BCFT website: www.bcft.co.uk

BCFT 
25 Somerset Street 
Kingsdown 
Bristol BS2 8LZ 
T: 0117 924 1480
E: info@bcft.co.uk
www.bcft.co.uk

reg'd charity no 1094305

www.artiss-design.co.uk
07979 961361



“Reducing family
breakdown in Bristol by
strengthening and building
confident & committed
relationships
within families”

Bristol Community Family Trust is a non-profit charity
set up in 2001 to turn back the tide of family
breakdown through marriage & relationship education
and mentoring.

BCFT offers and promotes excellent short courses
regularly throughout the community.

- **Parenting** - morning and evening courses for
parents of toddlers, young children and teens
- **Listening Loving Laughing** - three sessions on
relationship education for singles & couples
- **INSIGHT** - one day and 3-6 evenings for couples
getting married or newlywed
- **CONNECT** - one day for married couples training
as mentors
- **The Marriage Course** - evening course on building
healthy skills for married couples



PARENTING

0-5s

5-11s

Teenagers

WHY PARENTING CLASSES?

Everybody wants to do the best for their children and be good parents. Yet putting our ideas into practice is not always quite so easy. Especially when we're tired and fed up and our children are playing up.

Most of us have some idea what good parenting is all about. Most of us have some practical support from extended family or friends.

But the truth is that we're all learner parents. We all have to learn the skill of being a parent one way or another.

The good news is that parenting skills can be learnt. So why not learn from others successes and mistakes rather than rely on your own!

DIFFERENT SKILLS FOR DIFFERENT AGES

Some parenting skills work for all ages of children. Other parenting skills might work brilliantly with toddlers but are disastrous with teenagers!

So we offer parenting courses for three different age groups - 0-5s, 5-11s and teenagers.

PARENTING 0-5s

Our course on parenting toddlers teaches you how to set boundaries, make good eye contact, invest in your child's emotional bank account, and resolve conflict.

PARENTING 5-11s

Our course on parenting young children teaches you how to develop their emotional security, sort out problems and set loving limits.

PARENTING TEENAGERS

Our course on parenting teenagers teaches you how to cope with all the arguing, swinging moods, annoying habits and outright rebellion. It teaches you how to help your teenagers become more co-operative and responsible and how to foster mutual respect between you.



BCFT PARENTING COURSES

We use the best available courses from the top parenting organisations in the country, including Positive Parenting and Family Caring Trust

Each of our courses last six sessions of two hours - for example, six consecutive Tuesday mornings or Wednesday evenings.

First of all, tell us which age group you'd like. If you know which course you want to attend, just tell us on the application form overleaf. If not, tell us which days you can manage, mornings or evenings, and we'll try and fix you up with a course near you. It may be in a school, a hall or somebody's home.

Visit www.bcft.co.uk for lots more information

HOW DOES THE COURSE WORK?

Courses are run informally for small groups of parents - usually between 6 and 20 people.

The people who run courses are ordinary parents who have had training. So you'll find it reassuring to hear real life personal examples of how principles are put into practice - and what happens when they aren't!

You don't have to say anything if you don't want to. But you'll find you'll want to join in the discussions.

All parents are welcome, whether married or not, single or couple.

WHAT DOES IT COST?

We want all parents to be able to attend a course, regardless of ability to pay. So our charity BCFT subsidises the cost of your course - trainer, refreshments, venue, administration, marketing, etc.

All you have to pay is £6 for the course manual when you arrive for your first session. We will ask you for a donation to the charity towards the end of the course. Donations are entirely voluntary.

Yes, I would like to sign up for the Parenting course

Name(s) _____

Contact address _____

_____ Postcode _____

Telephone _____

Email _____

Age group (circle one) 0-5 5-11 teens

Course leader and date (if known) _____

I'm DEFINITELY available (circle where applicable)

Mon	Tue	Wed	Thu	Fri
a.m.	a.m.	a.m.	a.m.	a.m.
eve	eve	eve	eve	eve

How did you hear about BCFT parenting? _____

Signature _____

Signature _____



**PLEASE COMPLETE THIS FORM, DETACH AND RETURN IT TO:
BCFT PARENTING, 25 SOMERSET STREET, KINGSDOWN,
BRISTOL BS2 8LZ**