FAMILY LINKS
The Centre for Emotional Health

The Nurturing Programme

Information for parents and carers

How to get the best out of family life



The 10-week Nurturing Programme for parents and carers

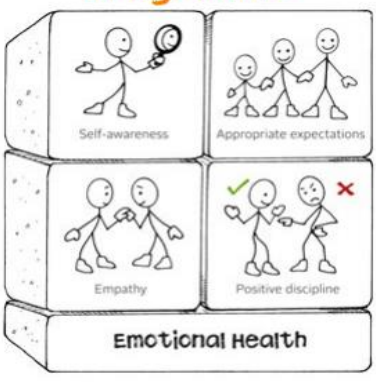
Where: Salvation Army,
203 Roundthorn Road,
Oldham, OL4 5LD

When: Wednesday 13th January 2027 - 24th March 2027
9:30am – 12:00pm

Contact details:
Email – parentsupporthub@oldham.gov.uk
https://forms.office.com/e/c7gxzrNpGW

FAMILY LINKS
The Centre for Emotional Health
familylinks.org.uk
Registered charity 1062514

The Building Blocks of the Nurturing Programme



How Nurturing Programme Parent Groups have helped other parents

"I am a much more confident, positive and understanding parent. I feel much more able to cope now."

"We are having less family arguments and the household is a lot calmer."

"The group was fun. It's the only two hours I have for myself each week."

"The atmosphere was really relaxed. No-one judged anyone and everyone was listened to and respected."

SCAN ME!