



# Brilliant Dads

## This one's for you!

So many families are having a hard time at the moment. With the struggles we face, sometimes it's easy to think we're the only ones.

### **The Parent Champion Programme**

This is a Hillingdon based support network where parents support parents of teenagers who may be experiencing any of the following:

School refusal / Persistent disruptive behaviour in school /

Alienation from family members or peers / Mental ill health

Vulnerability due to additional needs / Involved in substance misuse

**Maybe you're experiencing some of these challenges as a parent too?**

All you need is a willingness to develop your parenting skills and help others.

**In return we offer the following training:**

An accredited certification as a Mental Health First Aider

Positive parenting principles

Active listening skills

Understanding ADHD and ASD

**To find out more and ask any questions join us for a 1hr Zoom introductory meeting on Tuesday 17th January 2023.**

Please register by

**emailing [sarah.rust@brilliantparents.org](mailto:sarah.rust@brilliantparents.org) or calling 07495 024 449**