



Benefits

Housing

Domestic Abuse

Education



## Parent Gym

Holly Park Primary School will be delivering a parenting group in partnership with Early Help. The group is for parents of children aged 2 – 11 years

### What is Parent Gym

A course of six 2 - hour workshops with missions to complete in between each one.

- Have happier and more confident children
- Get your children to open up and talk more
- Feel calm more of the time
- Make family life more fun

### The six Sessions

- 1: *Chat – How to communicate in a positive way*
- 2: *Love – How to balance warmth and discipline*
- 3: *Behave – How to be consistent with limit setting*
- 4: *Care – How to raise healthy children*
- 5: *Discover – How to encourage learning*
- 6: *Together – How to build a support network with parents and children*

**Taster session – 22<sup>nd</sup> May 2025 (9.15 – 10.15am)**

**Come along and find out more and chat with other parents, refreshments provided**

**Start date: 5<sup>th</sup> June 2025**

**End date: 10<sup>th</sup> July 2025**

**Time: 9.15am – 11.30 pm**

**Venue: Holly Park Primary School, N11 3HG**

**If you are interested, please contact:  
Makeda Hypolite – 0208 359 2372**

**To make a referral please follow the Universal Plus form link below:  
[Make a referral to the Early Help team | Barnet Council](#)**



Child and  
Family  
Early Help



Childrens  
Centres