



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 or calling 07495 024 449