

**FREE  
COURSE**

# POSITIVE FUTURES

Being a parent is rewarding, but it can also be challenging and demanding. Positive Futures helps you to develop your skills, knowledge and confidence and offers a range of practical strategies to help you build and strengthen connections with your family.

**Online Courses being delivered throughout  
2024-2025**



**SIGN UP NOW**

[www.brightsparkscic.org.uk](http://www.brightsparkscic.org.uk)



# WHY JOIN A POSITIVE FUTURES COURSE WITH BRIGHTSPARKS?

- Improved parent/carer self-confidence
- Greater ability to set routines and boundaries
- Greater understanding of a child's emotional and development needs at different ages
- Improved self-awareness/emotional intelligence
- Reduce care-giver stress
- Improved relationships.

Suitable  
for parents  
of children  
aged 5-16



Course delivered by

**BRIGHT  
SPARKS**

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