

# PARENTING THROUGH DIFFICULT TIMES



## ONLINE PARENTING COURSE

Non-judgemental support in the privacy of your home



This 3-week course will help you to:

- give your child/ren a sense of calm and safety
- help your children settle in school
- give your child tools for managing their big feelings: increased anxiety, frustration, disappointment
- enjoy parenting in these strange times
- figure this all out in a supportive mini-community of ten parents

**LIVE WITH KIM**  
THREE 2-HOUR  
ONLINE GROUP  
SESSIONS

with parenting guide and  
author Km McCabe

**BONUS VIDEOS**  
TO RECAP PLUS  
EXTRA GUIDANCE

to guide you through the week

**PRIVATE**  
FACEBOOK  
GROUP

if you want continued support  
during the week

### *What we can offer you*

Interactive short-course for parents of school-aged children, helping you to do your best parenting in this time of uncertainty, guided live by best-selling author Kim McCabe.

Free for parents in West Sussex  
until March 2022 (subject to availability)



## *Is this for me?*

- Is this for Dads too?

*Absolutely, Dads are welcome and encouraged.*

- I've a son aged 5, and daughters aged 8 and 15, is this course for me?  
*You will learn tools you can put into immediate use whatever your child's age or gender.*
- Will recordings be available afterwards?

*No, sessions are live, interactive and confidential so we won't record them.*

- How can I contact the organizer with questions?

*For more information about this course, Kim McCabe or her book, please email [ukadmin@ritesforgirls.co.uk](mailto:ukadmin@ritesforgirls.co.uk)*

"Just do it! Kim's the best, down-to-earth and not preachy"

Mother to toddler and teen and two inbetween

Eye-opening and supportive. Worth every minute."

Mum to boys, age 6 and 8

"It's made me a better mum. I want more!"

Mum to teen girls

"I'm still getting so much support from the others in my group too."

Single parent of girls, 10 and 8

"I got exactly what I came for, and more"

Dad to 10 year old

## *Who is Kim McCabe?*

Kim McCabe, author of 'From Daughter to Woman' and founder director of Rites for Girls CIC specialises in guiding parents. She draws on thirty years experience of working with preteens and teens, of advising parents, and lessons she learned from her own mothering journey of two boys and a girl.

### *Interested?*

*To book a funded place email:  
[ukadmin@ritesforgirls.co.uk](mailto:ukadmin@ritesforgirls.co.uk)*

funded by West Sussex County Council



@RitesForGirls



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