

Parenting Puzzle

Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging.

Parenting Puzzle is a tried and tested support programme to help parents and carers deal with the challenges of family life and create a calmer, happier environment. It helps us think about what we do, why we do it and how it makes us feel.

This programme is a 4-week online or in person course.

In person

Friday 16th January – Friday 6th February
9.30am – 11.30am

The Hall, Guildford Family Centre, Hazel
Avenue, Guildford GU1 1NR

Online

Tuesday 24th February – Tuesday 17th March
7.00pm – 8.30pm on Teams

Thursday 4th June – Thursday 25th June
7.00pm – 8.30pm on Teams



Please remember to complete the group registration form to secure your place.

If you have queries, please email
coordinator@guildfordnsc.surrey.sch.uk
or call 01483 510570