



Supporting Families Service

**Supporting Families**

## Supporting parents and carers in **East Dunbartonshire**

As a parent/carer you are the most important person in your child's life. You know your child best. The Supporting Families Service provides advice and support that is tailored to the individual needs of the family.

The support can be delivered in a community setting, online or by telephone. The strategies and advice are evidenced and researched based and designed to support and build your confidence as a parent, promoting positive relationships with your children.

### **Can we help you?**

**We support parents of children up to age 12 (Primary 7) through:**

- Bespoke one-to-one intervention in person or online.
- Group work – small groups delivered over six weeks in person and online.
- Short interactive discussion sessions on common parenting challenges.
- All our group workshops are delivered daytime and early evening throughout the school academic year.

To find out more please email: [parenting@eastdunbarton.gov.uk](mailto:parenting@eastdunbarton.gov.uk)

Please include your name, age of your child and postcode. Alternatively, your child's Early Years Centre or Primary School can support and complete a Request for Assistance to the service.



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**East Dunbartonshire Council**

[www.eastdunbarton.gov.uk](http://www.eastdunbarton.gov.uk)