



GOSPORT COMMUNITY HUB

Family Links

This 10-week course will commence on Monday 15th January 2024, 9.30am - 11.30am (term time). The venue will be the Gosport Community Hub on the Brune Park Site.

The Nurturing Programme

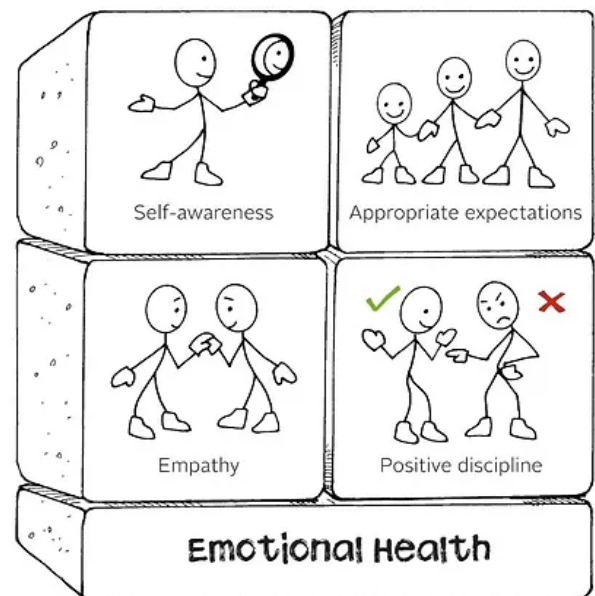
All our work is underpinned by the Nurturing Programme which provides adults and children with the understanding, skills and ability to lead emotionally healthy lives, build resilience, empathy, self-esteem and support positive relationships.

The American child psychologist Dr Stephen J. Bavolek developed The Nurturing Programme based on his research into family interactions where he identified four destructive parental behaviour patterns.

The Nurturing Programme was developed to address these, and uses the following four constructs as building blocks of emotionally healthy relationships:

- Self-awareness
- Appropriate expectations
- Empathy
- Positive discipline

Although the four constructs were originally developed within the context of parenting, they apply to all areas of our work.



Please click the link below to submit your interest:

<https://forms.gle/S8hciG7yiFpvBTnv7>

Or email gospportcommunityhub@gfmat.org

We will be in touch to let you know if you have secured a place