

## WHAT PARENTS ARE SAYING...

*"I've been to several Care for the Family events. Each seemed to come at a crucial time in my parenting."*

*"Thoroughly enjoyed it - I've never been to an event that could make me laugh and cry at the same time."*

*"It's an evening where little nuggets of parenting wisdom are shared that can make a difference in any parenting situation."*

*"It's down to earth, fun and light-hearted, combined with some amazing wisdom to take home."*

*"At first I was sceptical, but being here was absolutely fantastic."*

*"It's encouraging - you'll come away with something practical that you can do."*

*"It's just real. It doesn't make you feel guilty, and it's a reminder that you can do it."*

*"I feel more confident in making the early years some of the best foundational years for my children."*

*"You won't come away feeling guilty as a parent - you'll come away feeling better."*

## TOUR DATES & VENUES



### TICKETS £6

Group discount £5

(For groups of 4 or more)

On the door £7

### BOOK TODAY!

[careforthefamily.org.uk/parentalktour](http://careforthefamily.org.uk/parentalktour)

029 2081 0800 (Isle of Man 07624 491043)

[/careforthefamily](https://www.facebook.com/careforthefamily)

[@care4thefamily](https://www.instagram.com/care4thefamily)



We regret event fees cannot be refunded. However, if you are unable to attend, you may pass your ticket on to someone you feel may benefit from this event.

Please note we do not have the facilities to accommodate babies and children at this event.

Care for the Family has been supporting and encouraging families in the UK and the Isle of Man since 1988 through training courses, events, resources and other initiatives.

Address: Garth House, Leon Avenue, Cardiff, CF15 7RG.  
Tel: 029 2081 0800 [www.careforthefamily.org.uk](http://www.careforthefamily.org.uk).  
Care for the Family - A Christian response to a world of need.  
A Registered Charity (England and Wales: 1066905; Scotland: SC038497).

PTK11-18B

### TONBRIDGE

Tuesday 10 February  
Tonbridge Baptist Church

### SOUTHAMPTON

Wednesday 11 February  
King's Community Church

### SWANSEA

Thursday 12 February  
City Church

### ISLE OF MAN

Thursday 7 May  
Mount Murray Hotel  
and Country Club

### ABERDEEN

Tuesday 12 May  
Deeside Christian Fellowship

### WIMBLEDON

Thursday 14 May  
Everyday Church

### STOKE

Wednesday 10 June  
Breathe City Church

### CHALFONT ST PETER

Thursday 11 June  
Gold Hill Baptist Church

ALL EVENTS  
7.30-10.00 PM  
(DOORS OPEN AT 6.45 PM)

2015 EVENT TOUR

# PARENTALK

PARENTING UNDER 12s  
- A SURVIVAL GUIDE!



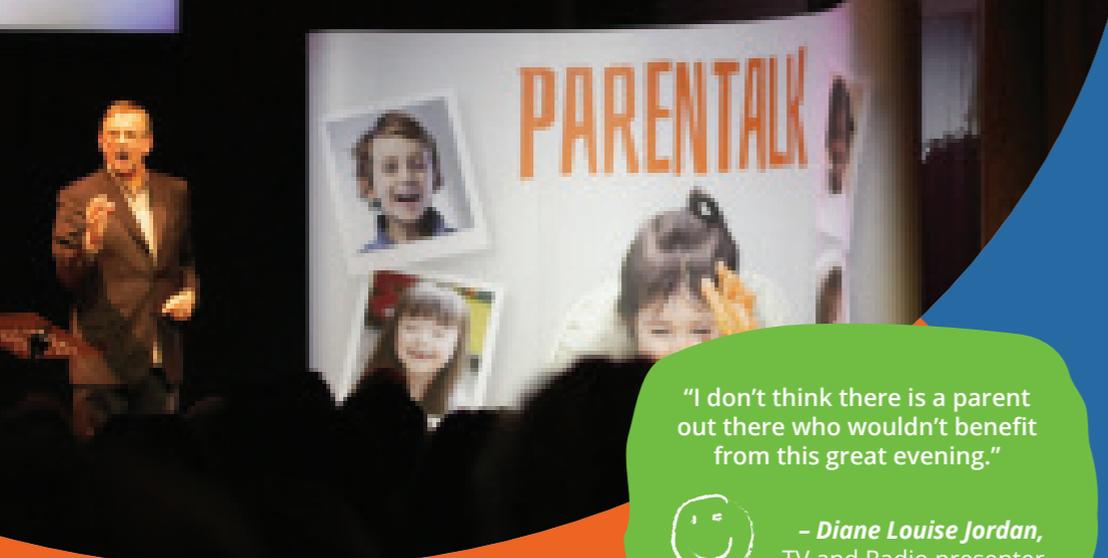
TICKETS FROM  
ONLY £4



PRESENTED BY

BEST-SELLING AUTHOR &  
ROB PARSONS OBE

INSPIRATIONAL SPEAKER  
KATHARINE HILL



"I don't think there is a parent out there who wouldn't benefit from this great evening."

 - Diane Louise Jordan, TV and Radio presenter

## FEEL YOU COULD DO WITH SOME FRESH INSPIRATION AS A PARENT? UNDER PRESSURE TO BE THE PERFECT MUM OR DAD?

The problem with parenting is that normally by the time we get the hang of it – we're redundant! Parenting is a mixture of highs and lows ... and everything in between. It can bring some of life's biggest joys, but also its greatest challenges. For most of us, a bit of encouragement and a reminder that we're not alone can make a real difference.

At **Parentalk**, best-selling author Rob Parsons and inspiring speaker Katharine Hill will present insights and top tips gathered from their combined experience of working alongside thousands of parents for over thirty years. This evening will help mums and dads to feel encouraged and empowered in the vital job that they do. You'll laugh, maybe shed a tear or two and take away some practical ideas to help you be an even better parent. (No group work involved – just come prepared to sit back, relax and enjoy!)



## PRESENTERS

### ROB PARSONS



Rob Parsons OBE is founder and Chairman of Care for the Family and the author of over a dozen books including the best-selling *60 Minute* series. He is an acclaimed international speaker and he has brought words of insight and inspiration on family issues to over a million people across the world. He is married to Dianne and lives in Cardiff. They have two children and five grandchildren.



### KATHARINE HILL



Katharine Hill is UK Director of Care for the Family. She is the author of several books including *Rules of Engagement* and *Keeping Faith*. Katharine is a well-known speaker and broadcaster on family issues, regularly presenting marriage and parenting events across the country. She is married to Richard and they have four grown-up children.

## WIN A PARENT'S GIFT HAMPER!

At each event we will be giving out a fabulous gift hamper filled with well-earned treats for parents! To be in with a chance of winning all you have to do is turn up, hand in your completed ticket, and we'll include you in the draw on the night.



"This is definitely an evening worth booking a babysitter for!"

 - Sarah Abell, columnist for Psychologies Magazine



## JOIN ROB AND KATHARINE AS THEY EXPLORE SOME OF THE HOT TOPICS OF PARENTING, INCLUDING:

**IT'S NOT JUST ME**  
Avoid the pressure of trying to be the perfect parent.

**PARENTING WITH ELASTIC**  
Find the balance between keeping your children safe and preparing them for independence.

**CREATING A SENSE OF BELONGING**  
Use fun, laughter and traditions to help give your child strong roots.

**DEFENDING THE BOUNDARIES**  
Choose your battles and understand the different parenting styles.

**ACCEPTANCE AND PRAISE**  
Discover ways to top-up your child's emotional tank.

**IT'S GOOD TO TALK**  
Build character into your children through what you say.

