

Our services

parenting courses &
workshops

one-to-one support

workshops

neurodivergent
parent drop-ins

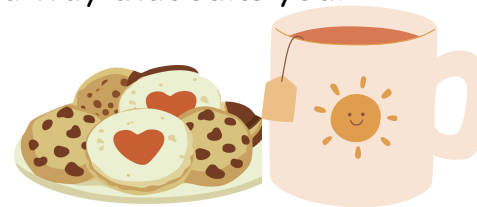
visit our website for more information:



Supporting parents and carers in the Scottish Borders

We're here to help you on your parenting journey, whatever that may look like for you. There's no criteria to meet and you'll always be met with warmth, understanding and listening.

Our services can be accessed by email, phone, or through our website, making it easy to connect in a way that suits you.



 07502 412321

 www.parentspace.org.uk

 office@parentspace.org.uk

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PARENT
SPACE

Empowering parents
Supporting parenting goals
Being there for the parenting
highs and lows

Berwickshire based charity
covering the Scottish Borders.

Registered Charity No.
SC049137

Our services are available to all parents and carers in the Scottish Borders for FREE!

one to one support

- 1** Refer yourself or someone else simply fill out a short contact form via our website
- 2** Be assigned a practitioner one of our team will support you in-person or remotely
- 3** Tailored to you our one-to-ones are tailored to you and your family's needs

Strengthening FAMILIES



courses and workshops

Early Years
Primary Years
Teenage Years
Handling Anger
Dads Only
Parenting Neurodivergent Children
Parenting in a Digital Age

Peer led, evidence-based, rooted in empathy and positive connection.

Online and in person.

neurodivergent parent drop-in

for parents and carers who are neurodivergent themselves

- ✓ Two weekly meet ups with no commitment
- ✓ No diagnosis needed
- ✓ Adjustments and adaptations made to support you

Positive parenting



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