



Mothers' Union Parents' Groups

Supporting parents and families

At Mothers' Union we are committed to offering help and support to parents. One of the ways this is achieved is through parents' groups. Research has shown that parents' groups work - parents meeting with others, in a parenting group facilitated by a trained Mothers' Union volunteer, provides a comfortable and non-threatening environment, helping parents to appreciate and enjoy their parental role.



Train to be a volunteer parenting facilitator on the Mothers' Union Passionate about Parenting training course, which provides an opportunity to gain the skills needed to successfully facilitate these groups. For further information about the Mothers' Union parenting programme, contact your diocesan Action & Outreach Coordinator or email the Programmes Manager at outreach@themothersunion.org

A parent told us that after participating in a parents' group she "now stops and thinks before shouting my head off."

For general guidelines about setting up and developing outreach initiatives, go to the members' section of the Mothers' Union website www.themothersunion.org