



Helping parents like Jim and Kate find confidence in raising their children

As a parent it can make all the difference to know that others face the same stresses and strains, and be given an opportunity to talk about them in a supportive environment.

Jim and Kate both experienced difficult childhoods with little in the way of good parenting role models to draw on when bringing up their own children. Social Services had to get involved, who referred Jim and Kate to a Mothers' Union parenting group.

Through the group, Jim and Kate learnt how to listen more to their children, show them love, and support them on their journey to adulthood.

Mothers Union – helping parents like Jim and Kate strengthen family relationships and resolve issues before they have a wider impact on society.