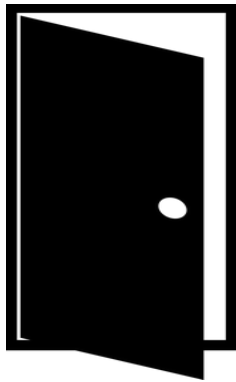


Opening Doors with Confidence



The Opening Doors with Confidence course helps increase parent's confidence.

It uses a range of tools and activities to help:

- Identify your own reasons for your lack of confidence.
- Increase your self-awareness and provide you with the strategies necessary to make a positive change in behaviour.
- The course will have a positive impact on the whole family.

If you want to find out more about the Opening Doors with Confidence course, or see if it is the right course for you:

- Get in touch by phone, email (details below).
- Have a look at our website.
- Just walk into one of our buildings where staff will be happy to help



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**...giving children
the best start**



**Nottinghamshire
County Council**