

# ARE YOU RAISING A CHILD IN GREENWICH?

Get support to become the best parent, grandparent or carer you can be with the Solihull Approach

Sign up for free courses to learn tips and tricks about everything from pregnancy to raising teenagers.

Learn at your own pace and be the best you can be for your child with expert guidance.



Use access code  
**RBGFAMILY** and  
join for free at  
[inourplace.co.uk](https://inourplace.co.uk)

Part of the Greenwich  
Family Hubs Network

# WELCOME TO OUR PLACE



Be the best for your children with free emotional health and wellbeing courses for parents.

Sign up for free online courses and become an even better mum, dad, parent, or grandparent.

Free access for Greenwich residents from bump to 19-years-old (or 25 with Special Education Needs).

Access Code: **RBGFAMILY**

Go to **inourplace.co.uk**

Apply the 'access code' for **FREE** access!

Fill in some details to create an account

To return to the course(s) go to

**inourplace.co.uk** and sign in!



SolihullApproach

For technical support contact [solihull.approach@uhb.nhs.uk](mailto:solihull.approach@uhb.nhs.uk) or **0121 296 4448** Mon to Fri 9am to 5pm

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ROYAL *borough of*  
GREENWICH

# DO YOU LIVE IN GREENWICH?



Free parenting courses for anyone who cares for a child or young person. Examples include:

1. Understanding your pregnancy, labour and birth
2. Understanding your baby
3. Understanding your child\*
4. Understanding your child with additional needs
5. Understanding your teenager's brain (short course)



\* professionally translated into: Bulgarian, Modern Standard Arabic, Polish, Simplified Chinese, Somali, Urdu, Welsh. For other languages use Google Translate. [inourplace.co.uk/translations](https://inourplace.co.uk/translations)

And more! For further details visit [inourplace.co.uk](https://inourplace.co.uk)

To register you will need to use the password **RBGFAMILY** and enter a Greenwich postcode.

These courses are based on the internationally recognised Solihull Approach, developed by psychologists, psychotherapists, health visitors & NHS and education professionals and are free for all parent carers living in Greenwich.



SolihullApproach

[solihull.approach@uhb.nhs.uk](mailto:solihull.approach@uhb.nhs.uk) | (+44) 0121 296 4448  
[inourplace.co.uk](https://inourplace.co.uk) | [solihullapproachparenting.com](https://solihullapproachparenting.com)

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