

# inourplace



**FREE!**  
With access  
code  
**BDPARENTS**

Easy to follow, **FREE** online courses  
about family life, wellbeing and relationships.

For all ages



Find **In Our Place** online:



FAMILIES & YOUNG  
PERSONS INFORMATION  
BRADFORD DISTRICT

[fyi.bradford.gov.uk/  
parenting-programme-pathway](https://fyi.bradford.gov.uk/parenting-programme-pathway)

And follow the **In Our Place** link

SCAN ME



family hub  
  
Start for Life

Bradford  
**Children**  
and Families Trust

*On FYI you'll also find more  
family support and information  
including in-person sessions*



**‘In Our Place’ online courses are for everyone in the Bradford District. Look at the course themes below:**

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**BDPARENTS**

- Antenatal (pregnancy)
- Postnatal (babies from 0 to 6 months)
- Families with children and young people aged 6 months to 19+ years
- Preteen to teenager (for parents and carers to follow)
- For teenagers (courses for teens to follow independently)
- For all adults

**Understand your own and your child's brain**

**Relationships, feelings and emotions**

**Understand every stage of parenthood**



**In Our Place**

