

Time Out For Parents



Handling Anger in the Family

Sessions for anyone parenting children aged 5 to 16



Dates PROJECT

Tuesdays, 6:45pm - 8:15pm

16th & 23rd March

13th & 20th April

Venue

Zoom (the comfort of
your own home)

To Book or for More Information:

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Common sense, jargon-free information and ideas to help
you to engage with your children and boost your relationship

