



Finding the Hope

Single Session for Parents and Carers

Would you like tips and strategies to:

- Manage better and survive during these uncertain times?
- Support our kids to cope during uncertainty?
- Manage expectations?
- Parent anxious children?

Join us and other parents to have your questions answered and hear from each other how to parent during these times

DATE: Monday 6th December 2021

TIME: 1.00pm - 2.30pm

WHO: Parents, Grandparents and Carers

WHERE: **Online** - Via Zoom

COST: Free of charge (Bookings essential)

BOOKINGS:

<https://www.trybooking.com/BUEVJ> or by scanning the QR Code



PARENTZONE



For enquiries contact:

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