

# 2020 PARENTING COURSES

AT MOLE VALLEY FAMILY CENTRE

*April*

## Balancing Family Life

April 22nd - May 13th

1pm - 2:30pm



A 4 week course for parents of children aged 0-5  
Crèche available if pre-booked and secured with £5 deposit

*June*



## Early Days

3rd June - 24th June

1:30pm - 3pm



A 4 week postnatal group for parents of babies under 6 months  
Please speak to your midwife or Health Visitor and ask to be referred to us

## Time Out for Parents: Handling Anger in the Family

8th June - 29th June

12:45pm - 2:45pm

This course is for parents of children aged 5 to 16 years old  
£12pp for the course, including a handbook and refreshments  
Crèche available if pre-booked and secured with £5 deposit

 **positiveparenting**

*Summer*

## A 6 week evening course

Details to follow

*September*

## Time Out for Parents

For parents of children with additional needs  
Details to follow

 **positiveparenting**



**Parenting Puzzle**  
Online course, free downloads

For practical tips and ideas for  
parents go to:  
[www.familylinks.org.uk/free-downloads-for-parents](http://www.familylinks.org.uk/free-downloads-for-parents)

Call **01306 740095**  
to book your place

