

Emotional First Aid Course for Dads

Since you have had children do you:

- Find it hard to switch off and relax?
- Think you are the only person to find it difficult?
- Feel it's hard to cope sometimes?

THIS COURSE IS ABOUT YOU – It's not about telling you how to look after your children. It's about helping you rediscover yourself as a person in your own right. We look at ways to find time for those little things that we enjoy and have forgotten about since having young ones arrive in our lives. The aim is to help show you ways in which you can help yourself become more aware of your emotional wellbeing, grow in confidence and find healthier solutions to the anxieties and worries that we all face.

The Course is Free to attend. Snacks included.

#It is essential that you attend every session#

Where:

The Community Room,
St. James' Park, St. James'
Road, Shirley, SO15 5SD

Information:

For more information contact
Marina on 02380 779763 or
marinainthevalley@outlook.com

Sessions and times:

1. 9 Jan. 19 6.15-10pm
2. 16 Jan. 19 6.15-10pm
3. 23 Jan. 19 6.15-10pm
4. 30 Jan. 19 6.15-10pm
5. 6 Feb. 19 6.15-10pm
6. 13 Feb. 19 6.15-10pm