

The **FAB** Course

Feelings **A**ffect **B**ehaviour

A **FREE** parenting course

WITH CRECHE

For parents and carers covering topics which affect parents' confidence and emotions



Starting on 1st May 2019
Wednesdays 12.30—2.30 pm

James Street Church
James Street
Southampton SO14 1PH

Six sessions running on:
1st, 8th, 15th & 22nd May and 5th & 12th June

- Valuing what you do as a parent
- Feeling better about yourself
- Helping your children manage their behaviours



Contact Janet at Southampton Family Trust
Tel: 023 8021 6003 or Email: info@sitrust.org.uk



Southampton
Family Trust
building relationships