

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 22nd January 2019

Tuesdays 12.30—2.30 pm

**James Street Church
James Street
Southampton SO14 1PH**

Six sessions running on:

**22nd & 29th January, 5th, 12th & 26th February
and 5th March**

- 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