

Strengthening Families



A **FREE** course for families

Mums, dads, carers and young person (10-14yrs) attend **together**

Receive help and encouragement. Get some helpful tips on how to strengthen your relationships.



Explore subjects together such as:

- Love and Limits
- Making House Rules
- Encouraging Positive Behaviour
- Using Consequences
- Building Bridges
- Communicating when you don't agree

And...Enjoy a *free* meal with your kids!

Starting on 24th April 2019

Wednesdays 5.00 – 7.30pm

24th April; 1st, 8th, 15th & 22nd May; 5th, 12th & 19th June 2019

at
James Street Church, James Street, Off St Mary Street
Southampton SO14 1PH

If you'd like to know more call us on

023 8021 6003 or email us at **info@sftrust.org.uk**



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