

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 26th February 2020
Wednesdays 12.30—2.30 pm

James Street Church
James Street
Southampton SO14 1PH

Six sessions running on:
26th Feb; 4th, 11th, 18th & 25th March and
1st April 2020

- 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@sfrust.org.uk



Southampton
Family Trust
building relationships