

Time Out for Parents

Being a parent

The most difficult and most important job
you will ever have.

Come along for a
free course, run
by a parent in a
friendly and
relaxed way,
where you will
feel supported
and never judged.

Are you finding
being a parent
difficult at the
moment?

Are you a new carer
who would like some
advice?

Would you like to talk
to other parents who
understand what you
are going through?

The sessions will take place at Fairfield Primary School, Rochdale Old Road, Bury, BL9 7SD
On 1st November, 8th November, 15th November, 22nd November, 29th November and 6th
December 2018

The sessions will run for approximately 2 hours starting at 9:30am.

The sessions cover: *What being a parent's really like. *Children's needs

*Feelings & Listening *Boundaries & Parenting Styles *Keeping children safe

If you are interested please contact the school office on 0161 764 1559 (please note that places
are limited) or alternatively call Anna Shaw (facilitator) on 0161 796 3259.

Every parent needs help at some time.