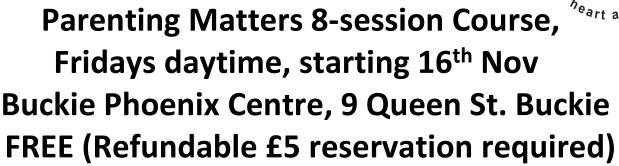


## Parenting Matters 8-week Course

In partnership with,

Parent Network Scotland



## Would you like some timeout just for yourself? Would you like to understand your child/teenager better?

Are you interested in coming along to our FREE 8 week Parenting Matters Course, 2 hours/week, to find new ways of making family life work better? You can meet other parents and share experiences in a non-judgemental, relaxed environment. We are a friendly, informal organisation and all our groups are run by PARENTS for PARENTS.

Cuppa and biscuits provided – time either 10-12 or 12-2pm, selected at time of reservation.

## Parents Feedback from previous courses:

"I really enjoyed the group and I made new friends"
"I'm calmer recognizing my own needs and my child's"

Booking via: www.moraywellbeinghub.org.uk Facebook (Moray Wellbeing Hub)

More course information at www.parentnetworkscotland.org.uk