



## Parenting Matters 8-week Course

In partnership with,

Parent Network Scotland



**Parenting Matters 8-session Course,  
Fridays daytime, starting 16<sup>th</sup> Nov  
Buckie Phoenix Centre, 9 Queen St. Buckie  
FREE (Refundable £5 reservation required)**

**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](http://www.moraywellbeinghub.org.uk)**

**Facebook (Moray Wellbeing Hub)**

More course information at [www.parentnetworkscotland.org.uk](http://www.parentnetworkscotland.org.uk)