



Parenting Matters 8-week Course

In partnership with,
Parent Network Scotland



**Parenting Matters 8-week Peer-led workshop,
Fridays from 1st February 10am-12pm
Moray Resource Centre, Elgin.
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

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)

Or call Heidi on 07989331651

More course information at www.parentnetworkscotland.org.uk