



# SANDYCROFT FAMILY LEARNING

## Parenting Children with Stress & Anxiety

- This course is for all parents & carers that would like support with their children in reducing stress & anxiety in their child & themselves for a better outcome in life.
- This course will give you 'take away techniques' for yourself and your child.



Beginning Monday  
29<sup>th</sup> April

10.00am – 12.00pm &  
6.30pm – 8.30pm

## Family Fun Sessions!

Starting Saturday May 4<sup>th</sup>

11.00 – 1.30pm

- Parents/carers must attend alongside children.
- Activities will rotate each week. They include: Arts & crafts, sewing, cooking & science experiments!
- Every Saturday!
- Please bring your own lunch



Contact the centre on

**01527595135**

to book your place!

Sandycroft Centre, West Avenue,  
Smallwood. B98 7DH