



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
29th April

10.00am – 12.00pm &
6.30pm – 8.30pm

Family Fun Sessions!

Beginning Saturday May
4th

11.00 – 1.30pm

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



Contact the centre on
01527595135
to book your place!

**Sandycroft Centre,
West Avenue,
Smallwood. Redditch.
B98 7DH**