

Strengthening Families



A **FREE** course for families

Mums, dads, carers and young person (10-14yrs) attend **together**

Receive help and encouragement. Get some helpful tips on how to strengthen your relationships.

Explore subjects together such as:

- Love and Limits
- Making House Rules
- Encouraging Positive Behaviour
- Using Consequences
- Building Bridges
- Communicating when you don't agree

And...Enjoy a *free* meal with your kids!

Starting on 11th March 2020

Wednesdays 5.00 – 7.30pm

11th, 18th & 25th Mar; 1st, 22nd & 29th April and 6th & 13th May 2020

at
James Street Church, James Street, Off St Mary Street
If you'd like to know more call us on

023 8021 6003 or email us at **info@sftrust.org.uk**



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