

Family Life Balance as a Service Family

At Crownhill Families Centre , 9.45am - 11.45am

Tuesday 24th April - Tuesday 19th June

(not including half term)

A seven week course for Service Families which covers family routines, self-esteem, tips for preparing for deployment and coping with deployment.



A free crèche will be provided throughout the course

Please call Plymstock on 01752 407496

to book a place.

