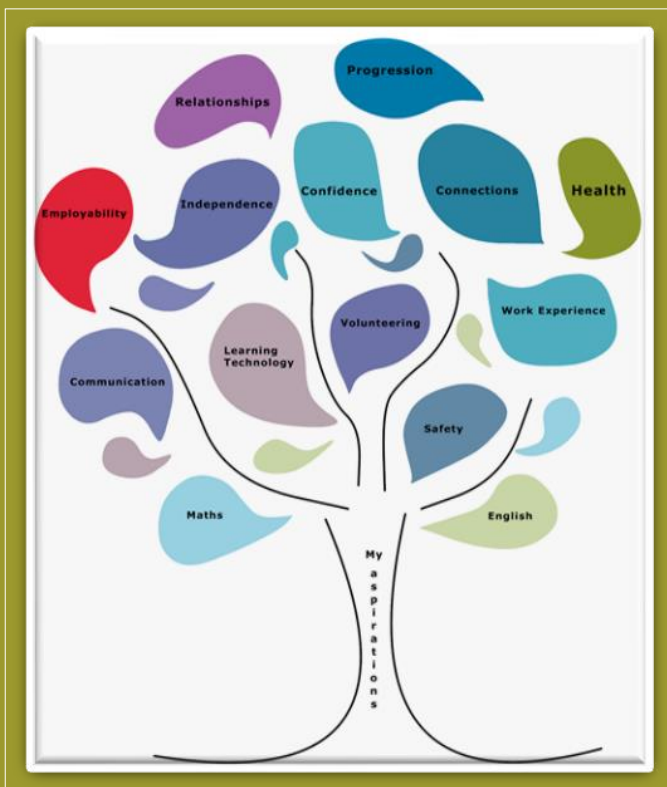


Confident Families

A free course for parents & carers

Want to improve confidence in everyday life?
Join our friendly 5 week course



- Explore ways in which family members can build self-esteem
- Find out more about developing relationships with your children
- Mindfulness and well-being – what is it and how can it help?
- How to develop communication skills within your family

Starting Thursday 20th September, 12.45pm – 2.45pm

Eynesbury Child and Family Centre,
Henbrook off Duck Lane, St Neots, Cambs, PE19 2DX

To book your place, please call 01480 358340 or come in

Limited crèche places available