

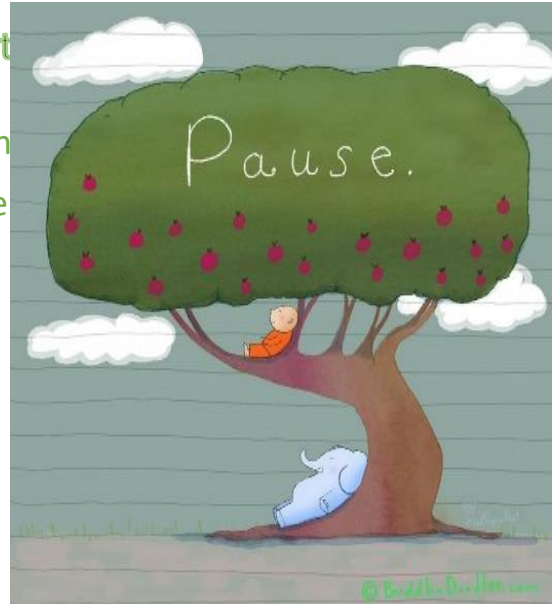
WORKSHOP FOR PARENTS

8 Sessions

**Tina Hesse (Children and Young People Service Manager) &
Christine West (Family Partnership and Programme Worker)**

These sessions will explore how, as a parent

- Better awareness of our needs as a parent and
- To learn the ability to understand someone else
- Lower levels of anxiety and depression.
- Thankfulness for small things in our lives.
- Aiming to reach our potential
- Accepting difference and others.
- Effective thinking and reflection
- Better communication skills
- Next steps to the future



Dates: 12th January 2022 – 9th March 2022

Excluding 23rd February (Half Term)

Every Wednesday

Time: 09:30am – 11:30am

Venue: The Bridge

For more information and to secure your place, please contact the Children &
Families Hub

(Please note that there are limited spaces)

Tel: 01534 519000

Email: Childrenandfamilieshub@gov.je

