

Congratulations! You and your children have almost made it to the end of this really difficult year. Now we just have to navigate the summer holidays...

September may seem a long way away, but it will come quickly, and if you would like to book a place on one of our courses to give you the chance to meet other parents, think about your relationship with your child(ren) and how you might like to change things, then do get in contact with me so that you are not disappointed.

The courses we have running are:

Handling Anger in the Family

**Tuesday afternoons 12.45 to 2.45pm for 4 weeks
starting 28th September at
St. Mark's Church, Howard Drive, Rawcliffe YO30 5UZ.**

**Wednesday evenings 7.15 to 9pm for 4 weeks
starting 22nd September, online via Zoom.**

**Thursday afternoons 12.45 to 2.45pm for 4 weeks
starting 23rd September, online via Zoom.**

Time Out for Parents - the Teenage Years:

**Monday afternoons 12.45 to 2.45 for 5 weeks
starting 20th September at Cornerstone at St. Georges,**

