

TIME OUT FOR PARENTS

Focusing on children from 5 to 11 years.

Sessions include:

- What being a parent is really like
- Children's needs
- Feelings and listening
- Boundaries and parenting styles
- Keeping safe
- Building strong families



A 6-week course From Tuesday 25 February to 1 April
7.30pm-9pm, on Zoom

MFT supports adults in Surrey to improve and maintain their mental wellbeing through one-to-one support, courses, groups and activities.

To book your place, you need to register with MFT first and then contact:
01372 375400, text 07929 024722,
email info@maryfrancestrust.org.uk
or visit www.maryfrancestrust.org.uk
or scan our QR code



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Inspiring Mental Wellbeing