

Strengthening Families



© BBC 2007 Reg. charity England & Wales no. 802052 and Scotland no. SC039557

A **FREE** course for families

Mums, dads, carers and young person (10-14yrs) attend **together**

Receive help and encouragement. Get some helpful tips on how to strengthen your relationships.

Explore subjects together such as:

- Love and Limits
- Making House Rules
- Encouraging Positive Behaviour
- Using Consequences
- Building Bridges
- Communicating when you don't agree

And...Enjoy a *free* meal with your kids!

Starting on 2nd October 2019

Wednesdays 5.00 – 7.30pm

2nd , 9th, 16th & 23rd Oct; and 6th, 13th, 20th & 27th Nov 2019

at
James Street Church, James Street, Off St Mary Street
Southampton SO14 1PH

If you'd like to know more call us on

023 8021 6003 or email us at **info@sftrust.org.uk**



Strengthening Families



© BBC 2007 Reg. charity England & Wales no. 802052 and Scotland no. SC039557

A **FREE** course for families

Mums, dads, carers and young person (10-14yrs) attend **together**

Receive help and encouragement. Get some helpful tips on how to strengthen your relationships.

Explore subjects together such as:

- Love and Limits
- Making House Rules
- Encouraging Positive Behaviour
- Using Consequences
- Building Bridges
- Communicating when you don't agree

And...Enjoy a *free* meal with your kids!

Starting on 2nd October 2019

Wednesdays 5.00 – 7.30pm

2nd , 9th, 16th & 23rd Oct; and 6th, 13th, 20th & 27th Nov 2019

at
James Street Church, James Street, Off St Mary Street
Southampton SO14 1PH

If you'd like to know more call us on

023 8021 6003 or email us at **info@sftrust.org.uk**

