

# PARENTING WORKSHOP

## STRESS BUSTING



**A Taking care of Self and your Family Workshop - Would you like to learn some strategies on how to cope better with the stresses and strains of everyday life and stay physically and mentally fit!**

*Facilitated by Youth Talk this workshop will take place at Fleetville Junior School from 10.00am-12 noon on Saturday, 9<sup>th</sup> February*

Extended Schools



Linking Schools and the Community

To reserve a place - **FREE** - please contact

**Jo Maher on 07939 111152 or**

**Anita Taylor on 01727 868684**

