

ARE YOU A BUSY MUM OR DAD?

Ever get stressed at juggling so many things at once?

Ever thought how lovely it would be if your children co-operated with you, at least *some* of the time?

Ever wish everyone would STOP SHOUTING?

Ever wondered what is actually going on when your child is having a strop?

Would you like to meet other parents with similar aged children and share views in a non-judgemental setting?

Fancy learning some ideas of ways to negotiate and set boundaries?



We are inviting you along to a **one-off workshop** on:

**Tuesday 7th December 1pm-3pm at
Bromet Primary School, WD19 4SG**

We then hope to follow on with a 4-week parenting group in January 2011.

The workshop will be run by Parentlineplus which is the UK's largest national charity for supporting parents.

To attend for FREE, please register by contacting:

Louise Theobald on 01923 231560 ext 1721