

I'm a Parent...

Get me out of here!

A 6 week course for parents
with children 5-11 years old
Fully funded for parents and carers of children
attending Trafford Schools.

Have an
understanding of
where your child is
developmentally

Learn the
importance of
self-care

Learn ways to
deal with
common issues

Develop a network
of support around
you from fellow
parents

Join us from 02.11.2022 - 07.12.2022 (Wednesdays)
At the Counselling & Family Centre
40 Mayors Road Altrincham WA15 9RP
9.30am - 11.30am



Trafford Team Together

Providing the right support at the right time in the right way

cfc | The Counselling
& Family Centre

Contact alison.hambleton@thecfc.org.uk for more information