

WEEKLY FACE TO FACE SESSIONS FOR PARENTS ON FRIDAYS

YOU DESERVE SOME 'ME TIME'!

WITH ALISON & ROBERT-

10:00 AM- 12 NOON

OUT AND ABOUT AND DISCUSSIONS AROUND HOW TO CARE FOR YOURSELF AND LOOK AFTER YOUR NEEDS AND INTERESTS.

TRIPS OUT INCLUDING VISITS TO THE BRITISH MUSEUM, CAMLEY STREET NATURE RESERVE, THE LONDON MUSEUM AND OTHER LOCAL ATTRACTIONS..

MAKING TIME FOR YOURSELF, YOUR FRIENDS AND INTERESTS MODELS HEALTHY HABITS FOR YOUR FAMILY.

FIRST SESSION A COFFEE MORNING TO SHARE YOUR IDEAS OF HOW YOU WOULD LIKE TO SPEND YOUR FRIDAY MORNINGS WITH US.

LOOKING FORWARD TO SEEING YOU AT THE SCHOOL GATES ON 24TH SEPTEMBER AT 10 AM.

EVERYONE IS WELCOME

