



**4 WEEK WELLBEING COURSE
FOR PARENTS OF CHILDREN
WITH ADDITIONAL NEEDS &
DISABILITIES**

SUPPORTING EMOTIONAL WELLBEING
POSITIVE COMMUNICATION
BUILDING RESILIENCE
SWITCHING OFF

**THURSDAY MAY 2, 9, 16 & 23
7-9.30 PM**

£15 FOR BLOCK OF 4 SESSIONS

FOR MORE INFO &
TO BOOK ONLINE GO TO
WWW.JIGSAWTHORNBURY.ORG.UK