

Summerhill Programme



4 week programme for parents

Week 1 Nutrition and Healthy Eating

Week 2 Play and Reading

Week 3 Cost of living

Week 4 Wellbeing

- Meet and discuss family life in a safe environment
- Pick up tips on how to become more confident in handling the daily pressures parents face

£20 gift
voucher on
completion

Date:
January 2024
31st
February 2024
7th, 14th & 21st
Venue:
Zoom Online
Time:
7pm - 9pm

It is our hope that this programme will allow families a happier home life and children will feel more secure as they are given the support and love to enable them to reach their full potential in life.

To book a place, please telephone the Support Line:

0808 8010 722