



## Time Out For Parents: Children with Additional Needs

A FREE 5 week course to support you as you share experiences with other parents/carers & learn from evidence-based content. You will feel better equipped to support your child in managing their emotions, boosting their self-esteem & helping them reach their full potential. You will also learn you are not alone!



### **Thursday Mornings**

**9.30 -11.30am (5 weeks) starting 14th September**

@ The Barnabas Centre, Jubilee Terrace, York YO26 4XP

To sign up click [here](#)

For information flyer click [here](#)

Or contact Jen for more details : [jenwootten@fmy.org.uk](mailto:jenwootten@fmy.org.uk); 07393 147259