

TIME OUT FOR PARENTS: THE EARLY YEARS

5 Tuesday sessions

Starting 14th June

7.15 - 9pm

Online via Zoom



famiily
matters_york

A course led by trained facilitators to help you build a healthy relationship with your baby, toddler or pre-school child and give you some positive tools to manage difficult behaviour. With a mix of evidence based teaching & discussion time, you will grow in confidence and quickly learn that you are not alone.

For more info contact Helen Atkinson

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