

Time Out for Parents

The Primary Years

Because kids don't come with a manual!!



Parenting is the hardest job in the world and we could all do with a bit of help and encouragement.

Family Matters York are holding a five-session course for parents of primary school children giving us "time out" to think about:

- ❖ helping your child to be happy at home and school
- ❖ managing difficult behaviour
- ❖ your own issues

Dates: Tuesdays 25 April, 2, 9, 16, 23 May

Time: 9.30 to 11.30am

Venue: Selby Community Centre, Scott Road
Selby YO8 4BL



To book a place, please hand the slip below to your child's teacher or to the office or for further information, please contact Helen Atkinson on 07393 147259 or email helenatkinson@fmy.org.uk.

The course is free to attend thanks to funding from North Yorkshire Reward and the Two Ridings Community Foundation.



I would like to attend "Time Out for Parents – the Primary Years".

Name:

Contact no./email:

family
matters york