

**Families in
Focus**



February 2025 Families in Focus Bulletin - Part 1

Information and Support for Families, Parents/Carers and Young People

Hello and welcome to the February information and Services Bulletin from the North Bristol Families in Focus team. We thought this information looked interesting and that you might find it helpful. Please feel free to pass onto others.

The bulletin has grown so big that we have split it into two parts as follows:

Part 1 – Information and Support for Families, Parents / Carers and Young People

Part 2 – Information and Support for Practitioners

Please note that the information here is being shared by Families in Focus but if you require any further details you should contact the relevant organisation. All information is provided by the organisation and Families in Focus hold no responsibility for the contents. Bristol City Council does not endorse the organisations/activities and you should make your own checks to satisfy yourself on the quality of the services on offer. If you would like the information in a different language or format please contact the organisation/agency who will hopefully be able to help.

We cannot guarantee to include everything but will prioritise information on services or activities that practitioners will find useful in their organisation or to pass on to families.

Contents

Information and services for children and young people	- 3 -
Bristol Family Fun: Avonmouth	- 4 -
Bristol Family Fun: Sea Mills	- 5 -
Children Scrapstore: Play Session.....	- 6 -
Bristol Family Hubs: Drop-In.....	- 7 -
Bristol Family Hubs: Family Nature Walk	- 8 -
Spear Programme.....	- 9 -
NBCC: Half Term Stay and Play.....	- 10 -
Information and services for parents / carers.....	- 11 -
BeeZee Families.....	- 12 -
Strengthening Families, Strengthening Communities.....	- 13 -
Nacoa.....	- 14 -
The Bridge: Supporting parents of neurodivergent children under 12 years old	- 15 -
The Bridge: Therapy Group	- 17 -
Bridge Psychotherapy Service	- 19 -
Dad’s Stay and Play.....	- 23 -
Crime Stoppers: Domestic Abuse	- 24 -
Bristol Family Hubs: Bristol Parenting Groups	- 25 -
Home Start.....	- 26 -
NBCC: PEEP Group.....	- 27 -
Mindful: Workshops to manage BIG emotions	- 28 -
Stressbusting for Parents.....	- 29 -

Information and services for children and young people

Bristol Family Fun: Avonmouth

BRISTOL FAMILY FUN

FREE DROP IN FAMILY EVENT

Thursday 27th February 3:30 - 5:30PM

Avonmouth Community Centre, 257 Avonmouth Rd,
Bristol, BS11 9EN

Join Children's Scrapstore and the SS Great Britain for this free drop in event on Thursday 27th February. You can expect activities including:

- Ship Themes -
- Loose Parts Play -
- Junk Modelling -
- Art & Craft -



www.childrensscrapstore.co.uk

www.facebook.com/bristolfamilyarts



Bristol Family Fun: Sea Mills

BRISTOL FAMILY FUN

FREE DROP IN FAMILY EVENT

HOSTED BY SEA MILLS COMMUNITY INITIATIVES

Monday 17th February 2PM - 4PM

Sea Mills Methodist Church, 140 Shirehampton Rd, BS9 2DY

Join Children's Scrapstore, BAND & Imayla CIC for this free drop in event. You can expect activities including:

- Badge Making
- Arts, Craft & Scrap
- Big Games
- Planting



www.childrensscrapstore.co.uk www.facebook.com/bristolfamilyarts



Children Scrapstore: Play Session



February Half Term Play Session

led by the Children's Scrapstore

What is open access? Children can come and go as they please so they need to be responsible for themselves or be with their adult.

Children **aged 8 and over** can come on their own if they are allowed out unsupervised. **Under 8's** need to have an adult with them.

WE BRING THE KIT, YOU LEAD THE PLAY!

Tuesday

11.30am - 1.30pm

18th February

**Park by BMX track,
Lawrence Weston,
BS11 0EZ**

Exciting News! Access Sport will be at the track with bikes available – you must sign up with Access Sport to use to their BMX's – register on the day (adults permission required) or see Play Rangers before half term for more information.

Thursday

11:30am - 1:30pm

20th February

**Beverston Gardens,
Lawrence Weston,
BS11 0SB**

Funded lunch for children provided

Get **creative** and **imaginative** at these regular play sessions aimed at young people, **age 8 and over**. Expect arts and crafts, sports kit, construction materials and much more!

No booking required.

FREE

contact: playteam@childrensscrapstore.co.uk
facebook page: Children's Scrapstore Play Rangers
charity no. 1008788



Bristol Family Hubs: Drop-In



**Pop in and meet our friendly
Family Hub Navigators**

**Drop-In
Southmead Children's Centre
BS10 5PW
Friday's 9am - 12pm**

**Discover what activities are
happening in your area.**

**We can also help with
accessing information and
services to support your
family.**

TEL:

Sam - 0778 7128580

Muna - 07385 009408



Email:

north.navigators@bristol.gov.uk



<https://www.bristol.gov.uk/bristol-family-hubs>



Bristol Family Hubs: Family Nature Walk


Bristol Family Hubs  

FAMILY NATURE WALK

IN BADOCK'S WOOD


WEDNESDAY 19TH FEBRUARY
10.30AM - 12PM

 **GET YOUR WELLIES ON!**
Free fun activity for the whole family with an accessible route 

Meeting at:
Southmead Children's Centre
Finishing point:
The Greenway Centre - and receive a free drink 

All ages welcome but children must be accompanied by an adult

Book your slot by contacting
north.navigators@bristol.gov.uk



Spear Programme

Spear Bristol are running another highly successful work-readiness programme this March.

When: starting Tuesday 4th March, 2025.

Who: 16-24 year olds who are NEET and face barriers to work or education (e.g. less than 5GCSEs or have lived in care).

Where: Christ Church, Clifton BS8 3BN.

How long: Spear is a *yearlong* programme, starting with a *six-week* foundation course

To refer: email Izzy with their name, contact details, and any important background info – izzy.collinson@spearbristol.org.

Or, sign up at:

<https://resurgo.org.uk/spear-programme/find-out-more/>

NBCC: Half Term Stay and Play



The poster features a teal background with three vertical panels in purple, yellow, and green. Each panel contains information for a specific day and location. The top left has the NBCC logo, and the top right has social media icons for Facebook and Instagram. The bottom left features the Bristol Family Hubs logo, and the bottom right has a QR code. A central speech bubble contains text about activities for babies and young children.

nbcc
north bristol children's centres

northbristolcc
f Instagram

HALF TERM

STAY & PLAY

-Wednesdays-
FILTON AVENUE CHILDREN'S CENTRE
Drop-in from 10am - 11.30am
Blakeney Road, Horfield
BS7 0DL

-Thursdays-
LONG CROSS CHILDREN'S CENTRE
Drop-in from 10am - 11.30am
Long Cross, Lawrence Western
BS11 0LP

-Fridays-
SOUTHMEAD CHILDREN'S CENTRE
Drop-in from 10am - 11.30am
Doncaster Road, Southmead
BS10 5PW

Meet our Friendly Family Hub Navigators at Southmead Children's Centre on Fridays 9am - 12pm

Lots of activities for babies and young children up to five years

Scan to view our online timetable and more!

Bristol Family Hubs
www.northbristolcc.org.uk

Information and services for parents / carers

BeeZee Families

Looking for a recipe that can get your children to eat more vegetables?

At Beezee Families, we work with hundreds of families who want to eat healthier, but struggle to find dishes with vegetables their children will eat. Sounds familiar?

Check out our Mexican traybake below for a taste of our recipe selection!



Ingredients:

- 1 large red onion
- 3 cloves of garlic (2 tsp pre-minced)
- 1 can sweetcorn
- 1 can black beans (drained and rinsed)
- 1 can chopped tomatoes
- 320g frozen spinach
- 100g uncooked red lentils
- 250g brown rice
- 600ml veggie stock
- 120g low-fat cheddar/mozzarella

- Spices: 2 tsp paprika, 1.5 tsp cumin, 1.5 tsp coriander, 1 tsp oregano, ½ tsp chili powder (or none if you don't like spice).



Method:

1. Pre-heat your oven to 200 degrees/ gas mark 6.
2. Dice the onions and garlic (if using fresh) and add them to a large baking tray or dish.
3. Add your brown rice and lentils, along with the spinach, corn and chopped tomatoes.
4. Add all your spices to the tray. Make the stock, then pour slowly into the tray and mix everything together.
5. Pop into the oven for 45 minutes. Take the tray out, add beans and mix well, then top with grated cheese. Return to oven for 10 minutes.
6. Leave to cool for 5 minutes and then enjoy!

Want more help with recipes?

We run FREE healthy lifestyle programmes to help families like yours make healthy habits, and have fun while doing so! Secure your spot today.

Our courses are for families with children aged 5+ and above their ideal weight.

Scan the code

...or click here to find out more

Sign up today!



bri.maximusuk.co.uk

Beezee
FAMILIES



24-3287

Strengthening Families, Strengthening Communities

strengthening families strengthening communities



A free, inclusive course to help parents and carers raise happy, confident children, from babies to teens

FREE CRECHE SPACES AVAILABLE! PLACES MUST BE BOOKED!



About the programme

This is a popular parenting programme for anyone raising children. We welcome parents and carers from all backgrounds who would like to work on their parenting skills and build positive relationships with their children.

We can help you to recognise and respond to the challenges of being a parent and the risks and concerns facing our children. Whether you want to help your child do well at school, deal with bullying, avoid online grooming or getting in with the 'wrong crowd', or just feel more confident: SFSC can provide you with strategies to help you feel equipped as a parent and help you to keep your children safe.



The course will help you to:

- Build positive family relationships
- Manage anger and stress
- Implement effective discipline strategies
- Gain confidence and communication skills
- Understand your child's development
- Recognise and value your family and cultural traditions
- Meet others and share ideas

You will receive a certificate and a parent manual.

SFSC runs weekly for 12 weeks, excluding school holidays. We can provide free childcare and refreshments. Just come along, bring a friend or partner if you prefer, and see if it's for you!



Every Thursday from 16th January for 12 sessions, excluding school holidays. The last session will be on 3rd April.

9.30am to 12pm

Wellspring Settlement
43 Ducie Road, Bristol, BS5 0AX

For more information or to book, call Sally on 0117 3041400 extension 155

Professionals: find a referral form at <https://form.io/form.com/222903517095355>

Parents: self-refer by scanning the QR code:



Family Centre, Settlement Site, Ducie Road, Barton Hill, BS5 0AX
0117 3041400

www.wellspringsettlement.org.uk info@wsb.org.uk

Wellspring Settlement is a company limited by guarantee registered in England and Wales under number 05031499 and is a charity, number 1103139

Nacooa



Providing information, advice and support
for everyone affected by a parent's drinking

FREE Helpline **0800 358 3456**
helpline@nacooa.org.uk

Patrons: Tony Adams MBE • Rt Hon Jonathan Ashworth • Calum Best • Lauren Booth • Rt Hon Liam Byrne MP • David Coldwell Geraldine James OBE • Sophie K Cherie Lunghi • Elle Macpherson • Jerry Moe • Vicky Pattison • Suzanne Stafford CQSW
Camilla Tominey • David Yelland

Nacooa (National Association for Children of Alcoholics)

Nacooa (National Association for Children of Alcoholics) addresses the needs of children growing up in families where one or both parents suffer from alcoholism, this includes children of **all** ages, many whose problems only become apparent in adulthood.

Nacooa's aims are: -

1. To offer information, advice and support to children of alcohol-dependent parents
2. To reach professionals who work with these children
3. To raise their profile in the public consciousness
4. To promote research into the problems they face and the prevention of alcoholism developing in this vulnerable group

Nacooa's **free, confidential telephone (0800 358 3456)** and **email helpline (helpline@nacooa.org.uk)** is at the heart of all we do, providing information, advice and support for everyone affected by a parent's drinking.

Our work is about planning for a more positive future, an opportunity for children, young people and adults to see that the world can be different from the one they know and that they can make positive choices for themselves.

Nacooa's services include: -

- Free, confidential helpline 10.00 – 7.00, Monday to Saturday
- Online message boards
- Website with personal experiences (www.nacooa.org.uk), FAQs, resources and research
- COAisathing.com community blog site
- Information packs
- Publications for a range of ages, situations and professions
- Volunteering opportunities and training
- Lectures, outreach and COA Week co-ordination
- Research into the experience of children affected by parental drinking
- Media and social media advocacy
- Parliamentary representation for children affected



Free Helpline: 0800 358 3456

helpline@nacooa.org.uk



@NacooaUK

The Bridge: Supporting parents of neurodivergent children under 12 years old



Therapy Group

Supporting parents of neurodivergent children under 12 years old

A safe space to explore your experiences and emotions around parenting your neurodivergent child(ren) under 12 years.
No diagnosis necessary.

This new group is an opportunity to meet and work with other parents/carers experiencing similar issues. It provides an environment where these joys and difficulties can be explored and understood.

The group has a fluid structure, so what we think about depends on what members feel is important to them.

Register your interest now!



0117 942 4510



info@bridgefoundation.org.uk



www.bridgefoundation.org.uk

Weekly - Fridays 1:00-2:30pm

Subsidised rates: minimum donation £10 per session (max. donation £30) with a free initial consultation.

Sessions take place at

The Bridge Foundation, 12 Sydenham Road, Cotham, Bristol BS6 5SH



Feedback from previous group members:

"This is such a positive and generous opportunity for families who may find it difficult to find support or know where to turn."

"Meeting other parents going through similar struggles has been helpful. Sharing experiences helped me feel less alone."

Who will I be seeing?

There will be a maximum of 10 parents. The group will be facilitated by two therapists at the Bridge Foundation, led by Rowena Mahmud, an experienced Child and Adolescent Psychotherapist and a member of the autism assessment team.

How do I know it's right for me?

Rowena will meet with you for a free consultation initially online or by phone before the group starts to explore your needs and help you decide if the group is right for you.

How much will it cost?

Members will need to commit to attending this weekly group for the full 10-session course duration. We ask for a minimum donation of £10 per session. Group members will not be refunded for missed sessions unless due to cancellation by The Bridge Foundation. An initial meeting with the group leader is provided at no extra cost.



Rowena Mahmud
Senior Psychotherapist

What next?

Please get in touch to arrange a chat to find out more and see if the group is right for you: rowena.mahmud@bridgefoundation.org.uk or call 0117 9424510.

Scan this QR code to find out more including dates of the next available course.



The Bridge: Therapy Group



Therapy Group

For parents who are worried about their adolescent's mental health

Parenthood can bring huge challenges and adolescence is a particularly testing time. If your teen is struggling with mental health it can add to the pressure.

This group is an opportunity to meet and work with other parents experiencing similar issues. It takes place in a safe environment where these difficulties can be explored and understood. The aim of the group is to support its members to feel better resourced and more robust.

Register your interest now for our popular parent group!



0117 942 4510



info@bridgefoundation.org.uk



www.bridgefoundation.org.uk

Weekly - Thursdays 4:00-5:30pm

Subsidised rates: minimum donation £10 per session (max. donation £30) with a free initial consultation.

Sessions take place at
The Bridge Foundation, 12 Sydenham Road, Cotham, Bristol BS6 5SH



Feedback from previous group members:

"My expectations for a safe space to discuss and explore issues around my teenager's mental health were definitely met."

"Meeting other parents going through similar struggles has been helpful. Sharing experiences helped me feel less alone."

Who will I be seeing?

There will be a maximum of 10 parents. The group will be facilitated by two therapists at the Bridge Foundation – led by Anita Bradford, an experienced therapist and group facilitator.



Anita Bradford
Senior Therapist

How do I know it's right for me?

Anita will meet with you for a free consultation initially online or by phone before the group starts, to explore your needs and help you decide if the group is right for you.

How much will it cost?

Members will need to commit to attending this weekly group for the full 10-session duration - see dates below. We ask for a minimum donation of £10 per session. Group members will not be refunded for missed sessions unless due to cancellation by The Bridge Foundation. An initial meeting with the group leader is provided at no extra cost.

What next?

If you are interested please get in touch to arrange an appointment with the facilitators at info@bridgefoundation.org.uk or call 0117 9424510.

Scan this QR code to find out more including dates of the next available course.



Bridge Psychotherapy Service



BRIDGE PSYCHOTHERAPY SERVICE

SUPPORTING CHILDREN,
YOUNG PEOPLE AND PARENTS



What we offer

Children, Young People, Family and Relationships

- individual
- psychotherapy
- for children / young people (long term and brief interventions)
- therapy with parents and children together
- support for parents / carers
- support for families
- couple work
- psychiatric assessment for families being seen at
- The Bridge specialist State of Mind Assessments

There is a great deal of research to show that talking treatments are very effective for a range of emotional problems. See for example www.nscap.org.uk/content/evidence-of-effectiveness

How we can help

Young people, children and families can struggle with emotional or relational difficulties at different stages of life.

Sometimes adults in the family may want the help of a professional to look at relationship issues that are affecting them or their children.

At other times, parents, carers and other family members can feel overwhelmed by a child or young person's difficulties and their impact on the rest of the family.

They may want help to understand what is going on and how best to support the child or young person to develop their full potential.

Children and young people sometimes need their own therapy to work through underlying conflicts and worries ranging from mild to more severe.

The kinds of issues that we see include:

- bereavement
- parental separation
- obsessions and phobias
- self-harm
- conduct and eating disorders
- anxiety and depression
- exploring gender identity and issues around sexuality.

Our Team

Our multidisciplinary team of therapists bring a wide range of professional expertise and offer highly specialised support to children and young people and their families, tailored to the needs of the individual / family.

As a team we mainly think about emotional wellbeing from a psychodynamic perspective. This is a way of understanding how we think, feel and act that considers the influence of relationships, past and present.

All of our therapists are experienced and accredited with a national regulatory body. Our therapists receive regular supervision and undertake continued professional development including child protection training, and all are registered with the DBS (Disclosure and Barring Service).

Commissioning and contracts

We take referrals from Bristol Wellbeing Therapies, Adoption Support Fund, Children's Services, NHS and Family Courts, who may commission work from us.

A separate fee structure applies for commissioned work, please contact us to enquire.

What to expect

Once we have received a referral you will be offered an initial assessment. This will usually be for parents / carers without the child, although adolescents may choose to attend this first appointment.

For young children the therapy will take place through a combination of play, drawing and talking. There is no expectation or requirement that a child / young person is able to put their difficulties into words.

Fees

Please check our website for up to date details of our current fees.

Confidentiality

The Bridge Foundation provides a confidential setting. No information will be disclosed to anyone outside the agency without your permission except in certain rare situations where there is serious concern about someone's safety, although wherever possible this will be discussed with you first.

Equal Opportunity

We are committed to providing high quality services and continue to strive to provide accessible services to everyone regardless of race, class, culture, physical ability, religious belief, sexual orientation or gender identity.

“ I have nothing bad to say, I’ve had incredible support and help from my therapist and I’m incredibly grateful.”

YOUNG ADULT

Contact:

 info@bridgefoundation.org.uk

 0117 942 4510

 [bridgefoundationbristol](https://www.facebook.com/bridgefoundationbristol)

 [bridgefoundationbristol](https://www.instagram.com/bridgefoundationbristol)

 [@Bridge_therapy](https://twitter.com/Bridge_therapy)



 www.bridgefoundation.org.uk



Dad's Stay and Play

www.northbristolcc.org.uk


north bristol children's centres

DAD'S STAY & PLAY

-SOUTHMEAD- FAMILY HUB

Save the Dates:

SATURDAY
8th March

SATURDAY
10th May

SATURDAY
28th June

SATURDAY
20th September

9:30
to
11:00am


Jeff
Our Family
Support Worker





Dads,
Grandparents
& Male carers
with children
0-5 years.

Lots of activities
suitable from birth
to 5



Southmead Children's Centre
Doncaster Road
Southmead
Bristol BS10 5PW

Email: nbccc@bristol.gov.uk Phone: 0117 903 0740

Crime Stoppers: Domestic Abuse



**He sees and
hears everything.**

Domestic abuse can
affect anyone.

Tell us what you know.

CrimeStoppers.
0800 555 111
100% anonymous. Always.

crimestoppers-uk.org

www.crimestoppers-uk.org/keeping-safe/personal-safety/domestic-abuse

Bristol Family Hubs: Bristol Parenting Groups



Bristol Parenting Groups

- Are you pregnant or a parent of a 0 - 8 year old?
- Would you like to add ideas and skills to your parenting toolbox?
- Would you like to develop more confidence in your parenting?
- Would you like to understand your child better?

Free groups for adults run by Bristol Children's Centres

Your parenting toolbox:



Listening

Play

Nurture

Praise

Empathy

Connection

For more information please call: **07721 311 497**
or email: **pssso@bristol.gov.uk**

Once you have registered your interest via:
www.bit.ly/BristolParentingGroups we will be in touch to find the best group option for you.



Home Start



Home visiting

Our home-visiting service is part of what makes us special. We visit parents in their own home so that we can really get to know them and their families. We never judge a parent and are always compassionate and put the needs of families first. Our trained volunteers offer free, confidential support, friendship and practical help to parents who are going through challenging times and have at least one child under the age of 5 years.

To make a referral yourself or to point families to self-refer for home visiting or for one of our groups please see the website: <https://homestartbristol.org.uk/referrals/>

Mums in Mind

This is a peer support group for mums with children under 2 years who are feeling lonely, anxious, or like everything is getting on top of them. The Mums in Mind groups have been developed in partnership with Children's Centres across Bristol and are facilitated by a Home-Start paid and experienced worker and supported by volunteers. The groups run for 10 sessions and are by referral only, but parents can also self-refer. It's a chance to get together and talk with other mums in a safe space whilst joining in with activities, crafting, snacks etc.

The MIMs groups are running termly in 3 locations across Bristol – Knowle, Lockleaze and Lawrence Weston. The next sessions start again in April/May, dates, and locations TBC. Please get in touch if you would like more information or to make a referral.



NBCC: PEEP Group



The poster features a blue background with white and light blue geometric shapes. In the top left, the NBCC logo is displayed on a white brushstroke. The top right contains social media icons for Facebook and Instagram, and the 'people' logo with two parrots. The main title 'PEEP GROUP' is in large white letters. Below it, the tagline 'Supporting Parents And Children To Learn Together!' is written. The 'About Us' section includes a paragraph and a central circular callout box. A list of three bullet points is in a rounded rectangle. Three circular photos show children and a parent. The 'Bristol Family Hubs' logo is at the bottom left, and the word 'peep' is written in large blue letters at the bottom right.

nbcc
north bristol children's centres

PEEP GROUP

Supporting Parents And Children To Learn Together!

About Us

We share ideas and activities that support your child's learning and development in everyday life – talking, singing, sharing books and playing together.

PEEP

Peep supports all parents and carers with children from pregnancy to school, in encouraging their child's learning and development.

- **Age of group: 0 – 2 years old**
- **Locations: Across North Bristol Children's Centres**
- **Any enquiries and to book your place, please email: nbcc@bristol.gov.uk**

Bristol Family Hubs

peep

Mindful: Workshops to manage BIG emotions

Workshops to Manage BIG Emotions in the Family

This series of Mindful, Kindful Workshops support parents with practical techniques that help navigate family challenges.

Run by the Mindful Parenting and Community Project



As parents we live busy and stressful lives with many things on the go. We are often managing other stressors such as budgeting, neurodivergence and long "to do" lists. It's no wonder that we sometimes struggle or feel burnt out.

Mindfulness has been proven as supportive and beneficial in managing stress. It can build our emotional resilience, help us be more present with our children and support us to maintain healthy habits and relationships.

These online workshops support parents with family issues such as managing big emotions, slowing down and being more present with our children and how to manage conflict within the family.

The Mindful Parenting and Community Project has been supporting parents for 10 years. We are parents ourselves and so have a lived experience of these challenges.

For more info:

www.mpcp.info

mpcp.bristol@gmail.com

07949399633

Book a place here:



Booking Details:

These Online Workshops run from 10.00 – 12 noon via Zoom

Managing BIG Emotions Toddlers to 10's
Monday 27th January 2025

Managing BIG Emotions Tweens and Teens
Friday 28th February 2025

Managing Conflict within the Family
Monday 24th March 2025

Less Rushing and More Presence
Friday 25th April 2025

Cost:

Unwaged - Free

Low Waged - By donation

Waged - £20

Book:

<https://www.eventbrite.co.uk/e/workshops-to-manage-big-emotions-in-the-family-online-tickets-1101157735429?aff=oddtcreator>

Stressbusting for Parents



Stressbusting for Parents



This powerful ten-week course explores stress that comes from being a parent or carer. Evidence tells us that in moments of stress we cannot easily remember parenting strategies. This course is unique because it trains the brain in a very different way.

By the end of this course, you will have a toolbox of mindfulness practices for every situation which will help you:

Manage strong emotions. Feel calmer. Be more accepting. Respond to your children in the way you want to in times of stress. Be a more confident parent. Enhance your enjoyment. Create precious moments with your children. Re-discover yourself

This unique course also offers mindfulness practices that support conflict, rift and repair, setting limits and helps you reconnect with yourself again.

FREE TASTER SESSION

FREE 10-Week Stressbusting Course for Parents and Carers.

FREE Refreshments

TASTER SESSION DATE: Friday : 4th April 2025 9.30am - 11am

Course Info:

Course Dates: Fridays: 25th April – 4th July 2025 (term time only)

Day/time: Friday mornings 9.30-12pm

Venue: Upper Horefield Community School & Early Years, Sheridan Rd, Horefield

Contact: Donna 07747 573687 or Suzanne 07577 956911

Email: mpcp.bristol@gmail.com

Website: www.mpcp.info

**BOOKING
ESSENTIAL**