



There are still places on these courses starting next week:

Handling Anger in the Family

Wednesday afternoons 12.45 to 2.45pm for 4 weeks starting 13th January, online via Zoom.

For flyer click [here](#)

Thursday mornings 9.30 to 11.30am for 4 weeks starting 14th January, online via Zoom.

For flyer click [here](#)

Thursday evenings 7.15 to 9pm for 4 weeks starting 14th January, online via Zoom.

For flyer click [here](#)

Time Out for Parents - the Teenage Years:

Thursday afternoons 12.45 to 2.45pm for 5 weeks starting 14th January, online via Zoom.

For flyer click [here](#)

Time Out for Parents - the Primary Years:

Monday mornings 9.30 to 11.30am for 5 weeks starting 11th January, online via Zoom.

For flyer click [here](#)

Monday evenings 7.15 to 9pm for 5 weeks starting 11th January, online via Zoom.

For flyer click [here](#)

To book a place or for further information please contact Helen Atkinson on 07393 147259 email: helenatkinson@fmy.org.uk or you can find more information about our courses on our website <https://fmy.org.uk/parenting/>

You can also follow us on Facebook, Twitter and Instagram.