



***Lots of us make New Year resolutions. Have you ever resolved to be a better parent? How long did you last?***

***There are no perfect parents, but there are things we can do to parent our children more effectively.  
Perhaps this year, instead of making that resolution, you could join us for one of our courses and take "Time Out" to think about what you are doing with your children, meet other parents and share stories and hear ideas from evidence-based material.  
Courses are free to attend and are fun and interactive.***

***The following courses are starting in January:***

**Handling Anger in the Family**

**Monday evenings 7.15 to 9pm for 4 weeks  
starting 17th January, online via Zoom.  
For flyer click [here](#)**

**Tuesday mornings 9.30 to 11.30am for 4 weeks  
starting 18th January at  
The Avenues Children's Centre, Sixth Ave, Tang Hall, YO31 0TX  
For flyer click [here](#)**

**Thursday afternoons 12.45 to 2.45pm for 4 weeks  
starting 27th January, online via Zoom.  
For flyer click [here](#)**

### **Time Out for Parents - the Teenage Years:**

**Tuesday evenings 7.30 to 9.30pm for 5 weeks  
starting 18th January at  
Archbishop Holgate's School Hull Road, York YO10 5ZA  
For flyer click [here](#)**

### **Time Out for Parents - the Primary Years:**

**Tuesday evenings 7.15 to 9pm for 5 weeks  
starting 18th January, online via Zoom.  
For flyer click [here](#)**

**Wednesday mornings 9.30 to 11.30am for 5 weeks  
starting 19th January at  
Heworth Methodist Church, Heworth Village, York YO31 1AE  
For flyer click [here](#)**

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

**Do follow us on [Facebook](#), [Twitter](#) and [Instagram](#).**

**And please pass the flyers on to any parents you think might be interested.**

**We also offer Reconnect, a 5 session couple to couple mentoring service, focusing on relationship skills to help you strengthen your couple relationship. For details contact Emma at [emmamarshall@fmy.org.uk](mailto:emmamarshall@fmy.org.uk)**