



Attention Parents

Are you parenting a child aged 6-11yrs?

Join our **Parents Plus 'Children's Programme'** and meet other parents in a supportive group to help your children reach their full potential.

This programme is practical, solution-focused and draws on parents strengths. It is suitable for parents of children aged 6-11 years.

Support your child to:

- Build confidence and self-esteem
- Establish positive daily routines
- Develop independent skills
- Learn social skills and build relationships

As a parent, learn how to:

- Personally cope and manage stress
- Manage challenging behaviour and emotional problems
- Support the needs of your other children

Every **Monday** for 6 weeks starting **7th November 2022**

LYFS Office, No. 1 New Line House, New Line Rd, Letterkenny

10 am to 12.30pm.

For more information or to reserve your place, please contact:

Garry - 0861237917 (Call/Text/Whatsapp)

