



What support can we offer?

- Support and guidance for parents who are not feeling confident following a breakdown in relationship.
- Tips for managing your own and your children's feelings.
- Rebuilding relationships with your children following family conflict.



Empower Parents

Positives we aim to achieve:

- Parents to feel equipped to manage difficult situations.
- Parents to understand their children's perspectives and have new strategies to support them.
- Building a parent peer support community.

We are here



25th February
4th March
11th March
18th March
25th March
1st April



10am - 12pm

At

Harvey Children's
Centre,
Shaw Street,
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Bolton

Together

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