

THE NURTURING PROGRAMME

Starting on

Friday 2nd October

10 weekly sessions, with a 2 week break for half term

09:30 AM - 11:30 AM

Guildford Family Centre

Hazel Avenue, Guildford GU1 1NR

The Nurturing Programme is a 10-week group course to help parents and carers deal with the challenges of family life and create a calmer, happier environment.

It is a tried and tested support programme to help us think about what we do, why we do it and how it makes us feel.

You should plan to attend each of the 10 sessions.



REGISTER AT: WWW.FAMILIESFIRSTGUILDFORD.COM/EVENTS