The FAB Course
Feelings Affect Behaviour

A free parenting course, for women who have experienced domestic abuse, now on ZOOM

Covering topics which affect confidence and emotions

- Dealing with your child's anger
- Coping with their feelings
- Feeling better about yourself

Thursdays
7.30PM TO 8.30PM
22/04/2021 TO 27/05/2021

For 6 weeks: a shorter introduction followed by 5 weekly ZOOM sessions and YouTube videos

To book a place or find out more contact us at:

info@sftrust.org.uk

Southampton Family Trust
building relationships