



Parenting information sessions

**Do you have a child aged 8 to 16 years?
Are they struggling to cope with today's issues?
Do you need help to support them?**

We are running 4 parenting information sessions to help parents and carers support their children with relevant difficult issues.

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- How to manage exam pressures (including SATS & GCSEs) - **3rd March 2020**
 - Help your child cope with mental health concerns (coping strategies and resilience) - **21st April 2020**
 - Support your child with friendship issues (primary & secondary school) - **19th May 2020**
 - Online and Cyber Safety - **23rd June 2020**

Cost: Sessions are £15 each or £10 if you book more than one at the same time

Location: 35 The Avenue, Southampton, SO17 1XN 6.30-9pm

To book a space on to any of these sessions please visit: <https://buff.ly/373Lw8T>

www.nolimitstrading.org.uk

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