

PARENT puzzle



Starts Thursday 2nd October, 9.30am to 12.00pm
Settlement Site, Ducie Road BS5 0AX
Free Bookable Creche Spaces

**A free 4-week parenting course run
by Shona and Tracey, looking at:**

- Understanding and managing behaviour
- Creating boundaries
- Dealing with stress
- Looking after ourselves



Find out more or book:
0117 3041400 - ext 161 or 215
tracey.nation@wsb.org.uk
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www.wellspringsettlement.org.uk info@wsb.org.uk

Settlement Site, 43 Ducie Road, BS5 0AX - 0117 955 6971

Wellspring Site, Beam Street, BS5 9QY - 0117 304 1400

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