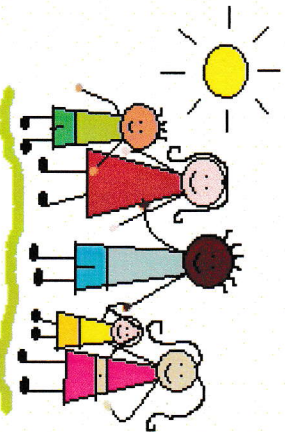




EXTRA is here to help you meet the challenges of being a parent. EXTRA offers local opportunities to gain information, advice and support and meet other parents at one-off workshops, support groups and parenting courses. Courses are for parents/carers of children of all ages including those with additional needs. Activities are free, with refreshments and many have a crèche.



EXTRA's activities can help you to develop your self confidence and parenting skills. This will help you bring out the best in your child, reduce conflict in the home, improve family relationships and build confidence to cope with future changes.

For more info contact EXTRA on **01255 475001** or just drop in anytime.



Email: admin@extrasupportforfamilies.co.uk

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