

The FAB Course

Feelings Affect Behaviour

A free parenting course, now ONLINE

For parents and carers, covering topics which affect confidence and emotions

- Getting to grips with your child's challenging behaviour
- Coping with feelings
- Feeling good about yourself

7.30PM TO 8.30PM

Starting on 16 July with an introductory session, followed by 4 main weekly sessions on **23 & 30 July and 6 & 13 August.**

Each week there will be a YouTube video (30 mins) about different aspects of parenting for you to watch at any time in the day which suits you. Then, in the evening, there will be a get together, on Zoom, when Kathy and Kari (the two facilitators) chat through the video. You are welcome to join in the conversation, ask questions or just listen. It is up to you! 😊

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

info@sftrust.org.uk