

Chance of a Life Time

SUPPORTING PARENTS

Women's Information Group
7 University Road, Belfast, BT7 1NA
Tel/Fax 028 9024 4119
Email: women@infogroup.club24.co.uk

Being a Parent is
one of the most
important jobs you
can ever do!



Come along and join a
course to develop your
skills and share with
other parents the joys
and difficulties of
bringing up children.

Women's Information Group in conjunction with Ardmonagh Family & Community Group organised a parenting programme to support you and help take the stress out of parenting. There will be 8 sessions, each **Wednesday morning** from **10.00am to 12.00pm**, from **25th March 2009 to 27 May 2009**. It will give you the opportunity to share experiences and build relationships with other parents.

Course Content : Topics covered could be: How to Play with your Child, Managing Children's Challenging Behaviour, Communication and Relationships and many more.

Date: 25 March 09 - 27 May 09

Time: 10.00-12.00

Venue: W.I.G., 7 University Rd, Belfast BT7
Crèche and lunch provided **Free**.

Crèche. Refreshments, Transport Expenses (Public Transport Only) and Facilitators are all provided **FREE**

For further information contact **Women's Information Group on 028 9024 4119**



Registration for Chance of a Lifetime

Name

Organisation

Address

.....

.....

Postcode Tel No.



Will you be attending? Yes/No

Will you need creche facilities? Yes/No

If Yes, how many places?

Please specify the ages of the Children

Please return this slip **as soon as possible** to:

Kathleen/Sunita
Women's Information Group
6 Mount Charles
Belfast BT7 1NZ

Tel/Fax: 028 9024 4119

