

PARENTS PAUSE

Calm & Connected



**FRIDAY'S @ 1:00 - 2:30PM AT THE HELPING
HANDS COMMUNITY CENTRE, EDLINGTON**

Are the ups and downs of family life becoming a little overwhelming?

Why not pop in to **parent pause** for a cuppa and a chat with our friendly staff. We welcome parents to be and mums, dads or carers and babies or toddlers 2 years and under. Siblings 5 years and under welcome.

How it might help

- Share your thoughts and feelings
- Be listened to
- Work with us to find solutions
- Learn about coping tools
- Find out what's going on in your local area
- Meet new people
- Have fun

Call Maria on 07971 253308 or email MariaC@familylives.org.uk

Call Lesley on 07971 25308 or email LesleyB@familylives.org.uk

We build better family lives together

www.familylives.org.uk

 @familylives



City of
Doncaster
Council