



Time Out for Parents!

8-week course for families

Do you have children under 5 years old...?

Support to change your family's habits to be healthier and happier!

Meet other parents and share ideas and experiences.

Support & encourage your child's growth & learning.

Look at routines, giving choices and building a strong relationship with your child

Being a parent is rewarding but challenging at times, come along and join us to create a toolkit to help you survive those early years.

We will have a family time session in half term with fun activities and healthy snacks.

There is a crèche with **limited places**.

Starting Wednesday 29th Jan 2020 9.30-11.30am at

Twinkle Toes Nursery, Colton Institute, Meynell Rd, Leeds LS15 9AQ

To book a place please contact

Meadowfield. Templenewsam & Colton CC- 0113 2250025



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