

Would you like to feel less stressed and strengthen your Parent-Child Relationship?



The Resilient Parent Programme

On this course you will learn new skills that will enable you to:

- Reduce stress and anxiety
- Enhance parent-child relationships
- Improve emotional regulation
- Develop healthier habits

Scan the QR code for more info and to book:



Abbey Church
North Berwick

Starts Wednesday 10th May
until 14th June 2023
7pm - 830pm