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Family Links Nurture Programme

**9 Week Course**

**29th January- 1st April**

**Wednesday mornings 9:30am – 11:30am**

**(No session during February half term) half Term)**

(No Creche)

**Test Valley Family Support Service**

How the Nurture Group has helped other parents

“Fun, Simple and Clear techniques”

“I always felt that I wasn’t judged and everyone was always open and honest”

“ Very good ideas that were explained very clearly ”

What is the Nurture Programme?

Being a parent is rewarding, stimulating and fun but can be stressful and challenging.

The Family Links Nurture Programme helps deal with those challenges so you can have a calmer, happier family life.

A tried and tested Programme, it helps us think about what we do, why we do it and how it makes us feel.

* **There are nine two-hour sessions**
* **Informal style with refreshments**
* **10-16 parents are invited and there are two Family Links trained group leaders**
* **Partners are welcome and it’s also fine to come on your own or with another relative or friend**
* **You’ll get the most out of the Programme if you come to all ten sessions.**









To sign up or make a referral please contact:

Email: [testvalley.earlyhelp@hants.gov.uk](mailto:testvalley.earlyhelp@hants.gov.uk)

Call (01962) 846363 12:30pm – 5pm Monday to Friday

**Please be aware that there are no crèche facilities available on this course but please call us if support is needed to attend**

Tea and coffee available from 9:15am for a 9.30am start at:

Roman Way Primary School

Roman Way, Andover

Hampshire, SP10 5JY