

Project You

6 week course

Project You is a self-discovery journey, enabling parents to find themselves, take some self-care and learn coping strategies for when life gets a bit too much!



Centre: Weston Surestart/Family Hub

Date: 13th June to 18th July

Time: 9.30 - 11.30am



FREE crèche available

For more information on the courses please make contact:

Caroline Hallett – Referral and Allocation Officer on 07818 588 480

Alternatively, please EMAIL: Familyhub@southampton.gov.uk

How to book your place please:

WEBPAGE: <https://www.southampton.gov.uk/familyhubs>

Where you will find everything, you need to know about our Family Hubs including What's on daily in our Family Hubs and our parenting and community learning courses.

To find the referral form which needs to be fill out to book yourself onto the parenting programmes, can be found at the bottom of the What's on Title.

Sure Start
Family Hub Southampton

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