

The FAB Course

Feelings Affect Behaviour

A free parenting course, for women who have experienced domestic abuse, now on ZOOM

Covering topics which affect confidence and emotions

- Dealing with your child's anger
- Coping with their feelings
- Feeling better about yourself

Wednesdays
10.00 TO 11.00 AM
09/06/2021 TO 14/07/2021

For 6 weeks: a shorter introduction followed by 5 weekly ZOOM sessions and YouTube videos

To book a place or find out more contact us at:

info@sftrust.org.uk



Southampton
Family Trust
building relationships