



Parents will learn:

- Developing emotional security
 - Setting loving limits
 - Keeping safe
 - Problem solving
 - Skills for you
 - Relationships help
- ... and more

Every Monday 11 am – 1 pm
At the Children's Centre,
Memorial Community Church,
Barking Road, E13
(opposite Plaistow police station)

For more information contact
Alternatives on 020 7476 8215