

# We are Family!



Families come in all sorts of different **SHAPES & SIZES**, sometimes it can feel like you're on a roller-coaster or a roundabout!

Why not participate in a group that can give you the tools, strategies & activities to help you to manage or get off that roller-coaster or roundabout.

We are Family is a group for parents/carers with children aged from 2-16yrs

The group will start on:

**Wednesday 3<sup>rd</sup> November from 9:30 – 11:15 for 6 weeks  
at Ireland Wood Children's Centre**

**If you would like to participate in the group or would like further information**

**Please contact us by: Email: [info@esnorthwest.co.uk](mailto:info@esnorthwest.co.uk)**

**Amanda Gaskin or Andrea Hey ESNW cluster**

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