

REFRESH

AND RECHARGE

Completed a CFF Parenting group or workshop and want more?

Has the pandemic made life challenging... need a plan and refresh?

Come and meet with a CFF worker and other parents and carers.

If you are a parent or carer living in Leicester, Leicestershire or Rutland, and have attended a CFF Parenting workshop or group programme in the last 2 years you can access our FREE online refresh sessions.

The 90 minutes sessions will refresh you;

- To revisit strategies that will work for you and your family
- Create a clear plan for change
- To become more confident and less stressed
- To start to make positive changes quickly

Sign up for **CFF Refresh Sessions** for FREE at <http://www.cfcharity.org.uk/programmes> or call Henry Charles 07743 321319 / CFF Office 0116 223 4254



families are at the heart of us ●