



Depression/Stress management

1. An increased ability to be able to relax
2. More energy and enthusiasm to enjoy life.
3. Increase in self - confidence.
4. Increase in ability to cope with long and short term stress

This is a 4 week workshop

When requested – At our Barking Centre

160 London Road. IG11 8BB

Relationship Support for the Family 'Conception to Elder'

www.sarahagnesfoundation.org.uk

Phone: 07932 253818

Email: enquiries@sarahagnesfoundation.org.uk

Please phone to request.



Parenting Class Workshop

1. Positive Parenting
2. Creating a positive learning environment
3. Positive Discipline
4. Realistic Expectations

This is a 4 week workshop.

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