

Decider Skills

Scan here
for more



**A group for parents and carers
and their children.**

This group will help you:

- Understand your thoughts, feelings, and behaviours.
- Manage your emotions and mental health.

How many sessions?

6 (one a week)

Who's it for?

School age
children and their
parents / carers

For more information or to book:

Phone

0191 211 5773

Visit

Fawdon Children's Centre

Email

NorthCFN@newcastle.gov.uk



children & families
NEWCASTLE

childrenandfamiliesnewcastle.org.uk