



**Christmas and New Year festivities over ?
Why not start the New Year with some “me time ?”**



Archibald Family Support



is offering



Resilience



and



Relaxation



(A free 6 week course)



starting



Thursday 10th January



9am-11am



**If you would like to take part in this course please
return the attached slip to the School Office by**



Wednesday 19th December 2012



**We have 10 places available and are also able to offer a free crèche .
If you would like more information or to have a chat
about the course please contact me on 07879485993 or
email me at diana.west@archibald.newcastle.sch.uk**



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I would like to attend Resilience and Relaxation



I will/ will not require a crèche place.



Name



Contact Details

