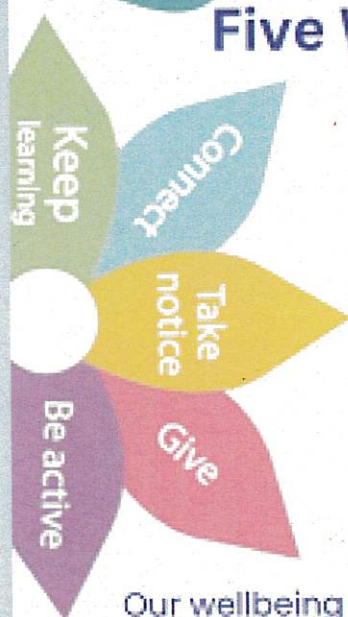




Refocus & Renew

Five Ways to Wellbeing for Adults



Our wellbeing course is suitable for parents that may be struggling with low mood, confidence, self-esteem, communication skills and stress.

4 Week Course

Starting 24th January
13:00-14:30

Please contact us for more
information and to book
your space.

01257 516316

Duke Street Family Hub,
Duke Street,
PR7 3DU