## Are you a Separated Parent?

Parenting is a very difficult task.

Parenting separately brings its own unique challenges.

So valuable - practical advice left me feeling more empowered.



Family Matters York and York Family Mediation Service are offering a FREE 2-session course which explores some of these challenges and how we can do the best for our children.

Date: Tuesdays 2, 9 July

Time: 9.30 to 11.30am

Venue: Clifton Children's Centre

Kingsway North, Clifton, York YO30 6JA

Ex-partners must attend the course separately.

To book a place or for any further information please contact Helen Atkinson on 07393 147259, email helenatkinson@fmy.org.uk



