

## PARENTING COURSE

From 23<sup>rd</sup> February to 16<sup>th</sup> March 2023

**At: YMCA, Woolwich Dockyard SE18 5QG**

<b>WEEK: 1</b> <b>Thursday 23/02/2023</b>	Boost their confidence and self – esteem.
<b>WEEK: 2</b> <b>Thursday 02/03/2023</b>	Learn basic assertive skills that they can apply to family situations.
<b>WEEK: 3</b> <b>Thursday 09/03/2023</b>	Increase personal drive, motivation and achieve more goals.
<b>WEEK: 4</b> <b>Thursday 16/03/2023</b>	Develop their interpersonal skills and communicate effectively. Explore potential, push their boundaries, and become more assertive.

For more Information & Registration Contact:

Lisa on 0203 2607715 or [lisa@hercentre.org](mailto:lisa@hercentre.org)

PLEASE NOTE: THESE SESSIONS ARE ONLY FOR WOMEN WHO  
LIVE, STUDY OR WORK IN GREENWICH