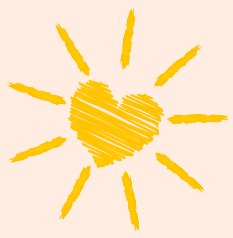


Happier Families PARENTS & CARERS DROP-IN

Starts

Friday 28th January 2022



Support

Tips

Learn skills

Boost wellbeing

Improve
relationships

Every Friday
6pm - 8pm @ the lowdown

Drop-in to see us or call 01604 634385 to
book an appointment.

Remote sessions via phone or video call are also
available.

Weekly drop in sessions for parents and carers of
5-16 year olds to offload, explore strategies to
improve relationships with their children and spend
time with people in a similar situation.

the lowdown, 3 Kingswell Street, Northampton
NN1 1PP

www.thelowdown.info