



The... **HENRY** Programme

...at Fender Primary School

Fun, friendly 8 week programme
for parents and carers!

Learn simple ways to:

- Feel more confident as a parent
- Build healthy family routines
- Boost children's confidence and wellbeing
- Manage challenging behaviour
- Get active together

"This was the best thing I could possibly have done to help me be a better mum."



Scan the QR code for more information about the HENRY Programme.

Programme starts:

Thursday 25 September
9.15am - 11.15am

Book your free place via the school office - sign up by **Thursday 18 September**.
Parents/carers must attend all sessions.



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