



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

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.

*"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.