



This is such a difficult time for parents - stuck in with their children all day every day, trying to work and home school at the same time... Parents who have accessed our courses have found a lot of help and support in hearing that they aren't the only ones struggling, and as they have shared ideas and tried some of the tools from the course material, they have said how much it has helped them cope.

The following online courses start in June:

Time Out for Parents - the Teenage Years
Tuesday evening 7.15 to 9pm for 5 weeks starting 2nd June
for flyer click [here](#)

Time Out for Parents - the Teenage Years
Thursday morning 9 to 11am for 5 weeks starting 4th June
for flyer click [here](#)

Time Out for Parents - the Early Years
Tuesday evening 7.15 to 9pm for 5 weeks starting 2nd June

Time Out for Parents - the Primary Years
Tuesday afternoon 2 to 4pm for 5 weeks starting 2nd June
for flyer click [here](#)

Handling Anger in the Family
Wednesday morning 9 to 11am for 4 weeks starting 3rd June
for flyer click [here](#)

Handling Anger in the Family
Monday afternoon 2 to 4pm for 4 weeks starting 8th June
for flyer click [here](#)

Handling Anger in the Family
Monday evening 7.15 to 9pm for 4 weeks starting 8th June
for flyer click [here](#)

Separated Parents
Wednesday afternoon 2-4pm for 2 weeks starting 24th June
for flyer click [here](#)

All these courses will take place online via **Zoom**.

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

Please note:

You will find it easier to join in if you have a laptop or tablet.
It is important for your children not to be around during the course so that you and other parents can share freely.

You can find more information about our courses on our website
<https://fmy.org.uk/parenting/>