



♥ Why Join?

A gentle, understanding space where you can:

Feel less overwhelmed

Build your confidence as a parent

Learn calm, practical tools

Connect with people who truly understand

Leave each session feeling lighter

NEW YEAR PARENTING

GROUP STARTS 12th

JANUARY

Time: 9.30 AM

Location: Glascote Family
Hub Hawksworth, Glascote,
Tamworth, B72ER

What to Expect:

- ✓ Warm and welcoming atmosphere
- ✓ Support rooted in coaching principles
- ✓ Reflection, mindset shifts & practical tools
- ✓ No judgement – just connection and growth

This January isn't about becoming a new you – it's about coming back to yourself.

2026

A Fresh Start Begins



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skool