



BEDFORD
BOROUGH COUNCIL



Free Parent Information Sessions/Workshops

- ✓ **Managing stress & overwhelm**
- ✓ **Understanding children's behaviour**
- ✓ **Building calmer family routines**
- ✓ **Support from experienced facilitators**



**SCAN TO REGISTER
IN 30 SECONDS**



 Early Help workshops are FREE (fees may apply to others)

 Online / Local sessions available

“Right support **Right action** Right time”

