



There isn't enough space on this poster to list all of the ways in which modern day

parenting is hard.

So instead,
We want you to know what makes it easier...

BEING
seen, heard, **validated**
& **supported**.

Join Our Online

BOOK CLUB

Starting Tuesday 9th April '24

8PM-9.15PM

Book: *The Book You Wish Your Parents Had Read* by Philippa Perry

"This book club has made a big difference! Little things each week are helping me to be less shouty and more connected with my children."

Hosted
By...



Dr Maria Oviedo
GP, Parent Coach,
SE Trainee

&



Jodie Jones
Teacher, Education
Advisor,
Parent Coach

£12.90
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