



CHILDREN DON'T COME WITH AN INSTRUCTION MANUAL.....

What: Parentalk is all about helping mums and dads do the best job they can at bringing up their children. It gives parents the opportunity to share their experiences, learn from each other, meet new people and hopefully pick up some useful tips and strategies along the way.

Where: The Princess Project, Floor 2, Vaughan Chambers, 4 Tonbridge Road, Maidstone ME16 8RP

When: Starts Monday 16th November, 10.00-12.00, for 5 weeks

Parentalk is **FREE OF CHARGE**, with crèche, refreshments and course booklet all provided



The sessions are DVD based, with plenty of time for discussion over tea, coffee and homemade cake.

Don't take our word for it! Parents who have been to Parentalk before have said:

"It was good to realise it's not just me experiencing these issues- I'm not alone."

"I learned that it's OK to ask for help- there's no such thing as a perfect parent."

"I liked the coffee and cake!"

"Great course, friendly atmosphere- I would definitely recommend Parentalk to a friend."

For more information or to book your place on the course, contact Emma at the Princess Project (princessproject@hotmail.co.uk, 07851 196770).