

Empowering

PARENT PROGRAMME



HERE TO
SUPPORT
YOU!

Empowering Parent Coffee Mornings

Join us for a fun and relaxing coffee morning and learn how our upcoming parenting programme can support you and your family!

Choose a morning that suits you!

What to expect:

Meet Min from Happy Mojos, who will be supporting you during the parent programme

An introduction of what to expect from the parent programme

Fun, interactive activities to explore parenting challenges

A safe space to meet & connect with other parents

Free coffee, tea, and snacks!

Take-home resources

Date: Tues 21st January

Time: 9.15 - 10.30am

Location:

Bowlish Infant's School,
Wells Road,
Shepton Mallet,
BA4 5JQ

Date: Tues 28th January

Time: 9.15 - 10.15am

Location:

Virtually via Google Meet

Date: Mon 3rd February

Time: 9.15 - 10.30am

Location:

St John's Infant School,
High Street,
Glastonbury,
BA6 9DR



**Somerset
Council**

To book contact: min@happymojo.co.uk

**Feeling overwhelmed
by daily stress?**

**Feeling like your
family is surviving
daily life?**

**Struggling with your
child's emotions and
behaviours?**

**Finding it hard to
balance discipline
and connection?**

**Worried about your
child's mental health
and wellbeing?**

Do These Challenges Sound Familiar?

Discover practical skills to help you and your family thrive through our parenting programme!



RSVP Today!

*Open to Somerset Families Only

To book contact: min@happymojo.co.uk

  [@happymojo](https://www.instagram.com/happymojo)

We look forward to meeting you!

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