

# Mellow Parenting

We are here to support you, we will look at the challenges we all have to face in life and the knock on effect it has on our children. Come and join our informal discussion on the following subjects:-

<b>Trust</b>	<b>Assertiveness</b>
<b>Self Esteem &amp; Anxiety</b>	<b>Body Image</b>
<b>Life Stories</b>	<b>Safeguarding</b>
<b>Relaxation</b>	<b>Friendships</b>

Our groups are being held at **Leek**, **Biddulph** and **Uttoxeter**. Please contact **Sara Bostock—01538483170**, **Carol Middleton—07580811772** or **Duty Line—01782297812** to enquire.

<b>Uttoxeter</b>	<b>Leek</b>	<b>Biddulph</b>
<b>Firestation Cheadle Rd</b>	<b>Firestation, Spring- field Road, St13 6LQ</b>	<b>Staffordshire Moorlands Children's Centre, Albert Street, ST8 6DT</b>
<b>Thursdays</b>	<b>Mondays</b>	<b>Wednesdays</b>
<b>10am-12pm</b>	<b>12pm—14:30pm</b>	<b>9:15am—11:15am</b>