

'Feel Good Families'
A Free 10-Week Course
delivered by Gillian Fortune

For Parents, Parent-Carers, Grandparents
Living in Chester-le-Street, Pelton, Sacriston or Great Lumley

Starting Tuesday 9th January 2024

9.30am - 12 Noon

At Bullion Lane Family Hub

A great course for parents, parent-carers, grandparents who would like to tackle stress and anxiety; feel more in control; sleep better and to feel more confident to deal with the daily challenges of family life!

All of that plus some laughs, good banter and great tips to make every day a bit easier!

You will learn some great stress-busting actions and techniques that are simple to use, work quickly and really do help you with the stuff that life throws at you!



To Book Your Place:
Contact Gillian Fortune:
By Text to: 07825031818
Or Email: gillian@feelgoodcic.com



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