



PARENT AND CARER COFFEE MORNINGS

10am - 11.30am

*Printers Playhouse, Grove Road,
Eastbourne, BN21 4TX*

16th September

Parenting Tweens and Teens: The Survival Guide with Jenny

21st October

Breathing Techniques and Guided Visualisation with Annabel

18th November

Building Healthy Boundaries with Mia

16th December

TBC

