

First Steps Parenting Centre in partnership with Family Support Newcastle
invite parents/carers to a FREE group on...

Self-compassion

Join us for a 6-week parenting group for parents/carers
with children aged 0-5 (under school age)



Learn to practice self-kindness
and practice strategies for
when parenting gets stressful

**At First Steps Parenting
Centre:**

Lowrey Lane, Wallsend
Weekly on Tuesday's from
4th May - 8th June, 2021
10am - 12.30pm

Free children's activities and morning tea provided

To register please call:

49263577

**Places are strictly
limited!**

We will all need to follow COVID
safe practices including; social
distancing, hand hygiene and not
attending the group if unwell.