



Hassle Free Outings Discussion Group (for Parents in Hastings and Rother) 2-12 years

What?

Do you dread taking your children out? Are shopping trips a nightmare? Come to our 2 hour FREE virtual Discussion Group to gain simple strategies to enjoy outings with your children and have some boundaries in place.

Where?

From the comfort of your own home, download the FREE Microsoft Teams App (camera and mic can be turned off)

When?

10.00am – 12.00pm on **Tuesday 14th July**

To book your free place
call **01424 725800** or email:
info@openforparents.org.uk

