



# Parenting can be a bit of a puzzle...



## Would YOU like to get more out of family life ?

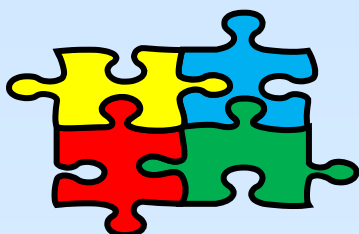
Our **Parenting Puzzle Nurturing** programme aims to boost your confidence and give you some new skills and new ways to manage those difficult behaviours that can take the joy out of parenting. Open to mums and dads of 2—10 year olds, this ten week course is extremely effective and popular. We recommend that you book early.

### Course dates

**Wednesday 25th January 7pm—9pm**

**Course runs for ten weeks ending Wednesday 30th March**

Contact Sopwell & Verulam Children's Centre to book your place now  
**01727 774090** or Email: [play.svcc@hertschildrenscentres.org.uk](mailto:play.svcc@hertschildrenscentres.org.uk)



Natural flair