

WREXHAM
VENUE



advance
brighter
futures
a helping hand for people's mental wellbeing

YOU & YOUR BABY SESSIONS



FREE

6 THAT
CAN
CHANGE
*Fun
friendly
sessions*
**YOUR
LIFE**

In just six, enjoyable 90-minute sessions, we aim to help you make positive changes in your life as you experience new parenthood.

With the help of a little book and supportive guidance at each session, you will learn how to improve your feelings when you feel low, worried or hopeless and also learn skills that will help you tackle problems in your life.

You can also meet other new parents and have a lot of fun!

TIME/DATE: Mondays | 9:30am - 11:00am
Starts June 5th 2023*

COST: FREE (Booking is essential)

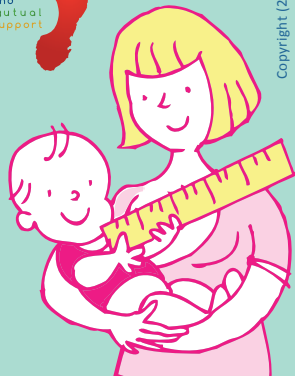
LOCATION: Wellbeing Hub | Waterworld Car Park
Opposite Chester Street Crown
Buildings | Wrexham LL13 8BG

CONTACT: ☎ 01978 364777
✉ info@abfwxm.co.uk

* These dates run throughout the year - please get in touch if you need to find out more.

ORIGINAL COURSE
BY DR CHRIS WILLIAMS
& DR MICHELLE HARING

Course has been adopted by PRAMS,
a project run by ABF.



6 WEEKLY SESSIONS OF 1.5 HOURS

