



Advance Brighter Futures is delighted to offer a **FREE six-week workshop** to all parents & carers who are members of STAND North Wales and live in Flintshire or Wrexham.

During the six weeks we will cover the topics of:

- Self-worth
- Resilience
- The benefits of self-care
- Dealing with your emotions
- Assertiveness skills including setting boundaries
- Knowing your rights (for you and your Child)

All done in a supportive, friendly and non-judgemental environment.

**There will also be a wellbeing toolkit to take away at the end of the six weeks.**

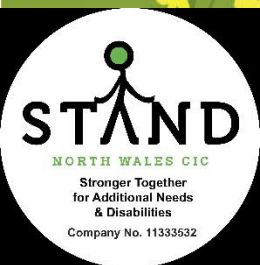
**These mountains that you are carrying, you were only supposed to climb them.**

**"You can't stop the waves, but you can learn to surf".**

Every Thursday, 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> of June 3<sup>rd</sup>, & 10<sup>th</sup> July 12:30-2pm  
At Deeside Leisure Centre, Chester Road West, Queensferry, Flintshire,  
CH5 1SA

To book onto all six workshops please email:

[admin@standnw.org](mailto:admin@standnw.org) or call 07570 583842



advance brighter futures  
help llow gyda lles meddyliol a helping hand for people's mental wellbeing

