



Family Links, nurture programme

This 10-week programme is for parents and carers of children of all ages, however, is best directed at 4 – 12 years. It improves the emotional health of both adults and children and strengthens family relationships. It is a cognitive-relational programme, providing parents with new skills in listening and communicating with their children and it develops an understanding of behaviour in the context of relationships.

When is this happening? On a Tuesday Evening from April – July.

where is it happening? at The Bridge Child and Family Centre, Le Geyt Road.

How can I take part? Please contact the Children and Families Hub team on 01534 519000, or email childrenandfamilieshub@gov.je to reserve your space.

The Children and Families Hub provides information, advice and support for children, young people, and families.

To find out more, scan the QR code or visit www.gov.je and search for *Children and Families Hub*

