



Step Forward

Free self-help group for parents

Step Forward is a programme to help you understand how your mind works. It helps you gain positive thinking skills to develop motivation and self-belief. Based on the highly acclaimed Steps Toward Excellence and Personal Success developed by the Pacific Institute, it incorporates techniques of Mindfulness, an approach to well-being that can help you change the way you think about experiences and reduce stress and anxiety.

For more information or to book please contact either Karen Coburn or Alison Forster at:
Aireborough Children's Services on 0113 250 6593
or by email at:
karen.coburn@aireboroughxs.co.uk or
alison.forster@aireboroughxs.co.uk

EVENT TITLE. UP TO

**St Oswald's
Primary School,
Guiseley**

**Thursday Mornings
10.00-12.00**

**Registration and a
welcome coffee
morning with no
commitment on
24 March 2016**

**Then seven
term-time only
sessions on
21st April, 28th April,
5th May, 12th May,
19th May, 26th May
and 9th June all 10-12**

