



# Time Out for Parents

This is a FREE parenting course, running for  
8 weekly sessions during term time from

**9.45 - 11.30am**

Beginning on

**Monday 27<sup>th</sup> September 2010**

**@ Trinity Baptist Church, Broadway,  
Bexleyheath, DA6 7AY**

**FREE on-site crèche**

How do you help children grow in confidence?

What exactly is 'Positive Parenting'?

These are some of the questions that we hope to  
address throughout the course.

We will be covering a wide range of issues, including  
boosting the parent/child relationship, developing  
children's self-esteem and safety issues.

If you would like more information or if you are  
interested in attending, please contact Alexa Moody on  
07905 901823 or [alexa@trinitybexleyheath.org.uk](mailto:alexa@trinitybexleyheath.org.uk)