

Raise Resilience Helping parents and children to thrive!

Tuesdays 12:30-1:30pm, Starting 3rd May

Mondays 7:30-8:30pm, Starting 13th June

<https://bounceforward.com/raise-resilience-east-hertfordshire-parents/>

<https://bishophatfield.herts.sch.uk/wp-content/uploads/2022/02/Bounce-Forward-Course-Anxiety-for-Parents-March-to-June-2022.pdf>

Anxiety and Resilience Supporting My Child with Anxiety

Tuesdays 7:30-8:30pm, Starting 26th April

Wednesdays 10-11am, Starting 8th June