



ParentingNI

Top Tips for Parents Coping with Christmas

Coping with Christmas is a
1 hour online workshop

Parents will be introduced
to strategies to manage
the stress associated with
Christmas and understand
the importance of setting
realistic expectations.

On Zoom
Thursday
30th November
2023
7pm - 8pm

[To Register please click here.](#)

Blackburn
UK Trust



parentingni.org

