

Time Apart, Time Together

JAMES PROJECT ARE HOSTING A **FREE** 2 DAY PROGRAMME IN THE SCHOOL HOLIDAYS

FOCUSING ON EMOTIONAL WELLBEING FOR FAMILIES WITH CHILDREN AGE 7+

Activities include arts & crafts, baking, planting and games whilst providing information & support around a range of topics to help you and your child including...

Dealing with anger
Anxiety and stress
Coping strategies
Regulating emotions

Transitions and changes
Loneliness
Kindness
Recognising triggers

...AND MANY MORE!

Delivered by
experienced,
friendly and
empathetic staff

A safe space with
other families to
discuss issues and
find out about
further support

SUPPORTING YOU, TO SUPPORT THEM

Giving opportunity to
spend quality time
together engaging in a
range of fun activities



For parents/carers with
young people between
age 7+ in the Keighley
area

WHERE?

The Old Tram Shed, JAMES Project, Corner of Queens Road and South Street, Keighley,
BD21 1ES

WHEN?

Tuesday 27th and Wednesday 28th May
Monday 28th and Tuesday 29th July
Monday 18th and Tuesday 19th August
Wednesday 20th and Thursday 21st August
10am until 2.30pm

98% of parents who have
attended the programme
found it useful and would
recommend to others

Attendance is required by parent and child/children on both days
Siblings age 7+ are welcome to attend

FOR MORE INFORMATION OR TO REFER, PLEASE CONTACT THE COURSE FACILITATORS

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CORE20 PLUS 5