

Friends

Practical help

Support

Food



# We Are Family! CLUB

Fun

Discussion

Outings



## Parents will learn:

- Developing emotional security
- Setting loving limits
- Keeping safe
- Problem solving
- Skills for you
- Relationships help

*... and more*

**We Are Family!**  
**CLUB**

**Every Monday 11 am – 1 pm**  
**At the Children's Centre, Memorial**  
**Community Church, Barking Road, E13**  
(opposite Plaistow police station)

For more information contact  
Alternatives on **020 7476 8215**