

Project You



6 week course

Project You is a self-discovery journey, enabling parents to find themselves, take some self-care and learn coping strategies for when life gets a bit too much!



Centre: Mansel Park Primary School

Date: 25th April to 23rd May

Time: 1 to 3pm

Centre: Weston Surestart/Family Hub

Date: 6th June to 11th July

Time: 9.30 - 11.30am



Sure Start
Family Hub Southampton

FREE crèche available

For more information please contact:

familyhub@southampton.gov.uk

Or Call Caroline on 07818 588 480

How to book your place please:

Check out our WEBPAGE:

<https://www.southampton.gov.uk/familyhubs>

where you will find everything you need to know about our Family Hubs including What's on, our parenting courses and referral form . (Click what's on tab)

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