

# Parenting NI Summerhill Programme

## Exciting news parents!!

Announcing the new Summerhill Programme for parents...a really helpful 4 sessions around healthy living, living in a cost of living crisis, looking after our well being and supporting our children in hard times plus...the only programme where you can get a £20 Gift Voucher upon completion...every little helps!

If you would be interested in attending these 4 helpful sessions every Monday Morning (4 week in total) and get a little voucher at the end then please email Clare Mc Gillion on [clare@parentingni.org](mailto:clare@parentingni.org) as outlined below to book your place!

# Summerhill Programme

## 4 week programme for parents

Week 1 Nutrition and Healthy Eating

Week 2 Play and Reading

Week 3 Cost of living

Week 4 Wellbeing

Meet and discuss family life  
in a safe environment

Pick up tips on how to  
become more confident in  
handling the daily pressures  
parents face

£20 gift  
voucher on  
completion



ParentingNI



summerhill  
foundation

Date:

November  
20th & 27th  
December  
4th & 11th

Venue:

St Catherines PS

Time:

9.15am - 11.15am

**It is our hope that this programme will allow families a happier home life and children will feel more secure as they are given the support and love to enable them to reach their full potential in life.**

To book a place please contact Clare McGillion at,  
[clare@parentingni.org](mailto:clare@parentingni.org)