



Step Forward

Free self-help group for parents

Step Forward is a programme to help you understand how your mind works. It helps you gain positive thinking skills to develop motivation and self-belief. Based on the highly acclaimed Steps Toward Excellence and Personal Success developed by the Pacific Institute, it incorporates techniques of Mindfulness, an approach to well-being that can help you change the way you think about experiences and reduce stress and anxiety.

For more information or to book please contact either Karen Coburn or Alison Forster at:
Aireborough Children's Services on 0113 250 6593
or by email at:
karen.coburn@aireboroughxs.co.uk or
alison.forster@aireboroughxs.co.uk

**Yeadon Sailing &
Activities Centre
(Upstairs
Classroom)**

**Friday Afternoons
11.00-1.00pm**

**Registration and a
welcome coffee
morning - Friday
3rd November 2017 at
12-1pm**

**Then six
term-time only
sessions on 10 Nov,
17 Nov, 24 Nov, 1 Dec,
8 Dec & 15 Dec
all 11.00-1.00pm**

