



# 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](mailto:karen.coburn@aireboroughxs.co.uk) or  
[alison.forster@aireboroughxs.co.uk](mailto:alison.forster@aireboroughxs.co.uk)

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

**Friday Afternoons  
11.00-1.00pm**

**Registration and a  
welcome coffee  
morning - Friday  
17<sup>th</sup> November 2017  
at 12-1pm**

**Then six  
term-time only  
sessions on 24 Nov,  
1 Dec, 8 Dec, 15 Dec,  
5 Jan & 12 Jan  
all 11.00-1.00pm**

