



ParentingNI



SINK OR SWIM

FREE Online 6 Week Programme for Parents & Carers

Do you sometimes struggle with parenting? Are some days better than others? Many parents feel exactly the same way!

Sink or Swim explores the realities of parenting, while sharing tips & tools on how to look after your own mental health.

BELFAST

Tuesday 12th October 2021 at 7.00pm - 8.30pm
Every Tuesday for 6 Weeks

OR

Friday 14th January 2022 at 10.00am - 11.30am
Every Friday for 6 Weeks

Call to Register
0800 8010 722

Mon-Thurs 9.30am - 3.30pm - Fri 9.30am - 12.30pm

Supported by the Public Health Agency through the Clear Project.