



Fortify

Empowering you to thrive

The Foundation Affect- *Parenting on the front line*

Have you got 90 minutes spare, once a week to join our free zoom group sessions ?

A facilitated space to reflect, share and access support for the challenges that present with parenting teenagers!

**Building confidence and self-efficacy in parents
Supporting strategies to promote wellbeing.**

**10 week course due to start in January 2024
Thursdays 7pm - 8.30pm.**

**To express your interest in this free online pilot scheme please contact:
Info@fortify-services.com**