

**D&D** Do Something Different

# Parental Support Programme

Find out how to make small changes to your every day family life to relieve the stress of being a parent and find happiness as a family in a fun way.

**Sign up now for this FREE  
6-week family fun programme**



**Starts: 11 November 2010 at  
Gaywood First Steps Nursery**

**10.30-11.30am for the parents  
Crèche available - booking essential.**

For families with children aged 0-5 years.

**Families of all shapes and sizes  
very welcome.**

**Vancouver Children's Centre**  
**A Sure Start Children's Centre**



**For more information please contact 01553 762805 or drop into the  
Vancouver Children's Centre Office to complete a booking form today!**

A joint initiative between  
the University of Hertfordshire and the West Norfolk Partnership.