

DSD Do Something Different

Small Steps to Family Fun

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: Wednesday, 10 November
Howard Infant School**

1.30pm to 3pm **for the parents**

For families with kids of all ages.

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

Booking essential! Telephone: 01553 774587

Further information: www.fairsteadsd.com

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