

# Confident Parent, Confident Child

Would you like to?

- Build your own confidence and self esteem? & Build your child's confidence too?
- Respond to praise and compliments better?
- Learn how to say no effectively?

Booking  
required.

An adult only, free 4 week course to learn how to become more assertive as well as build your children's confidence.

10AM-12PM

I matter

Every Monday from the 6th November  
2023 until the 27th November 2023.

Call 03000 418008  
or Email  
tmcc@kent.gov.uk  
to book now!

Find us:  
Woodlands  
Children's Centre,  
Chapman Way,  
East Malling ME19  
6SD.