

## Parenting Support – Online Courses for September

The following online courses run by Family Matters York will start in September:

### **Time Out for Dads**

Thursday evening 7.15 to 9pm for 5 weeks starting 17th Sept  
for flyer click [here](#)

### **Time Out for Parents - the Teenage Years**

Monday afternoon 12.45 to 2.45pm for 5 weeks starting 14th Sept  
for flyer click [here](#)

### **Time Out for Parents - the Teenage Years**

Monday evening 7.15 to 9pm for 5 weeks starting 14th Sept  
for flyer click [here](#)

### **Time Out for Parents - the Primary Years**

Wednesday morning 9.30 to 11.30am for 5 wks starting 16th Sept  
for flyer click [here](#)

### **Time Out for Parents - the Primary Years**

Wednesday evening 7.15 to 9pm for 5 weeks starting 16th Sept  
for flyer click [here](#)

### **Handling Anger in the Family**

Thursday morning 9.30 to 11.30am for 4 weeks starting 1st Oct  
for flyer click [here](#)

### **Handling Anger in the Family**

Tuesday afternoon 12.45 to 2.45pm for 4 weeks starting 15th Sept  
for flyer click [here](#)

### **Handling Anger in the Family**

Monday evening 7.15 to 9pm for 4 weeks starting 28th Sept  
for flyer click [here](#)

### **Handling Anger in the Family**

Tuesday evening 7.15 to 9pm for 4 weeks starting 15th Sept  
for flyer click [here](#)

**All these courses will take place online via Zoom.**

**To book a place or for further information please contact Helen Atkinson on 07393 147259 email: [helenatkinson@fmy.org.uk](mailto:helenatkinson@fmy.org.uk)**

**Please note:**

**You will find it easier to join in if you have a laptop or tablet.**

**It is important for your children not to be around during the course so that you and other parents can share freely.**

**You can find more information about our courses on our website <https://fmy.org.uk/parenting/>**