



# Virtual Parenting Support

Are you a busy parent?  
Worried that you are not sure how to parent your children?  
Feel you need to gain confidence in setting boundaries?  
Then this could be for you....

**Basic Package: Trial at £35 per month**

Initial face to face meeting to understand you and create an action plan

Frequent text messages sent to keep you motivated to achieve your targets  
Support through email, facebook live chat & our websites

Contact Jodie to find out more:  
[07786227365](tel:07786227365) [jodie.low@free2talkcic.org](mailto:jodie.low@free2talkcic.org)

**Add Ons: Workshops, Skype sessions, Re-assessment for new targets, support for your children**